

# Fundamental techniques of the Sport Ju-jutsu system

The fundamental techniques of the Sport Ju-jutsu system are all techniques that have been proven effective for scoring in Ju-jitsu Fighting competition. Together they form a foundation from which the practitioners can elaborate and develop their ju-jitsu skills. The system is based upon the competitive sport and to assist the practitioners in developing their best game, they themselves are free to choose the preferred variation of each technique. The focus should be on applying the techniques in a way realistic for sparring, i.e. through specific scenarios. The fundamental techniques are to be demonstrated on technical gradings and the practitioner should be able to do the techniques on both the left and the right side.

## Part 1 – Tski-waza & keru-waza Punches & kicks

### *Tski-waza (punches)*

- Gyaku tski \*
- Kizame tski \*
- Uraken tski \*
- Haito \*

### *Keru-waza (kicks)*

- Mawashi geri \*
- Mae geri \*
- Yoko geri
- Ura mawashi geri
- Ushiro geri

## Part 2 – Nage-waza Throws & takedowns

### *Nage waza (throws / takedowns)*

- O goshi \*
- Seoi Nage \*
- O soto gari \*
- Harai goshi \*
- O uchi gari \*
- Ko uchi gari \*
- Koshi guruma
- Kata guruma
- Te guruma
- Sumi gaeshi \*
- Tani otoshi \*
- Sasae tsuri komi ashi \*
- Uchi mata
- Tomoe nage
- Morote gari (double leg) \*
- Kuchiki taoshi (single leg)
- Ashi barai
- Ura nage

## Part 3 – Ne-waza Ground techniques

### *Osaekomi-waza (pins)*

- Kesa-gatame \*
- Yoko shiho gatame \*
- Tate-shiho-gatame \*
- Kata-gatame
- Ura tate shiho gatame \*
- Kami-shiho-gatame

### *Shime-waza (strangulations)*

- Juji-jime
- Hadaka-jime
- Okuri-eri-jime
- Sankaku-jime

### *Kansetsu-waza (joint locks)*

- Ude-garami (kimura / americana)
- Juji-gatame (armbar)
- Ashi-hishigi
- Hiza-juji-gatame

\* Fundamental techniques included in the grading syllabus for the green belt (3 Kyu)

# Grading system overview

5 Kyu	4 Kyu	3 Kyu	2 Kyu	1 Kyu	1 Dan
<i>Recommended minimum training volume since previous promotion</i>					
1 semester of training, 2 times a week	1 semester of training, 2-3 times a week	2 semesters of training, 2-3 times a week	3-4 semesters of training, 2-3 times a week	3-4 semesters of training, 2-3 times a week	3-4 semesters of training, 2-3 times a week
<ul style="list-style-type: none"> <li>• Can perform basic breakfalls forward, backward and to the side</li> <li>• Can perform a few controlled punches and kicks in good balance</li> <li>• Understands basic principles of fighting distance, movement, kime and retraction of attacks in part 1</li> <li>• Can perform a few throws/takedowns with good control</li> <li>• Understands basic principles of grip, balance breaking, and movement in Part 2</li> <li>• Can perform a few basic pins, joint locks, and chokes</li> <li>• Understands the basic principle of neutral and dominant positions in Part 3</li> <li>• Manages light Sport Ju-jutsu sparring using techniques learned and can adjust the tempo according to own and training partners ability</li> </ul>	<ul style="list-style-type: none"> <li>• Performs breakfalls with good technique and can breakfall on all types of throws</li> <li>• Performs techniques with increased control and precision</li> <li>• Can combine punches and kicks in motion</li> <li>• Can perform throws and throwing combinations in motion</li> <li>• Can make transitions between different positions (and submissions) as well as escape a few common pins in Part 3.</li> </ul>	<ul style="list-style-type: none"> <li>• A technical grading is always required for the green belt. See the belt-specific syllabus.</li> <li>• Has a few favorite techniques or favorite combinations in each part</li> <li>• Can perform transitions from Part 1 to Part 2 by taking control immediately after gripping, and then starting to create throwing opportunities.</li> <li>• Applies the principle of breaking balance and throwing direction using throws well adapted to the opponent's balance and positioning</li> <li>• Can perform transitions from Part 2 to Part 3 by securing a good position after own throwing technique.</li> <li>• Can adjust the level (tempo changes/intensity/power) in sparring based on the purpose of the exercise and current training partner.</li> </ul>	<ul style="list-style-type: none"> <li>• Performs punches and kicks more automated and with good movement, kime, and retraction.</li> <li>• Has own favorite combinations and counters in Part 1 and Part 2.</li> <li>• Can perform throws in four directions as well as throw combinations from one (and the same) optional grip</li> <li>• Can escape pins and perform transitions between the most common positions and submissions in Part 3</li> <li>• Shows good insight, when selecting techniques in sparring, based on own strengths and weaknesses.</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform all fundamental techniques of the Sport Ju-jutsu system</li> <li>• Uses good footwork to set up techniques and to keep the fight in the desired part</li> <li>• Has own favorite techniques, combinations and counters in Part 1, 2 and 3, respectively</li> <li>• Manages grip fighting in Part 2 and shows a good understanding of the fight for dominant grips; can create throw opportunities or transition to Part 1</li> <li>• Has good position control in Part 3 and has a good understanding of the fight for dominant position. Can take the match back to standing</li> <li>• Shows good understanding of tactics and selection of sparring techniques based on their own and opponents strengths and weaknesses</li> </ul>	<ul style="list-style-type: none"> <li>• A technical grading is always performed for the Head grading committee. See the belt-specific syllabus</li> <li>• Can perform all fundamental techniques in the Sport Ju-jutsu system with high quality and good confidence</li> <li>• Has high-level kime in techniques, combinations, and counters, and can perform the techniques with great timing, speed, and precision</li> <li>• Practitioner's Sport Ju-jutsu game shows safeness, agility, and efficiency</li> <li>• Has participated in at least one competition in JJ Fighting in the last year as either competitor, judge, secretary or coach</li> </ul>

\* Kime - Sudden muscle tension at just the right moment in the execution of a technique; gives the technique distinctiveness.