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 & keri-waza
Punches & kicks

Tski-waza (punches)
• Gyaku tski *
• Kizame tski *
• Uraken tski *
• Haito *

Keri-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 *
• 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)

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## Grading system overview

<table>
<thead>
<tr>
<th>Kyu</th>
<th>1 semester of training, 2 times a week</th>
<th>2 semesters of training, 2-3 times a week</th>
<th>3-4 semesters of training, 2-3 times a week</th>
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<tbody>
<tr>
<td>5 Kyu</td>
<td>Can perform basic breakfalls forward, backward and to the side</td>
<td>Performs breakfalls with good technique and can breakfall on all types of throws</td>
<td>Performs punches and kicks more automated and with good movement, kime, and retraction</td>
<td>Can perform all fundamental techniques of the Sport Ju-jutsu system</td>
<td>A technical grading is always performed for the Head grading committee. See the belt-specific syllabus</td>
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<td>4 Kyu</td>
<td>Can perform a few controlled punches and kicks in good balance</td>
<td>Performs techniques with increased control and precision</td>
<td>Has a few favorite techniques or favorite combinations in each part</td>
<td>Uses good footwork to set up techniques and to keep the fight in the desired part</td>
<td>Can perform all fundamental techniques in the Sport Ju-jutsu system with high quality and good confidence</td>
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<td>3 Kyu</td>
<td>Understands basic principles of fighting distance, movement, kime and retraction of attacks in part 1</td>
<td>Can combine punches and kicks in motion</td>
<td>Has own favorite combinations and counters in Part 1 and Part 2.</td>
<td>Has own favorite techniques, combinations and counters in Part 1, 2 and 3, respectively</td>
<td>Has high-level kime in techniques, combinations, and counters, and can perform the techniques with great timing, speed, and precision</td>
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<tr>
<td>2 Kyu</td>
<td>Can perform a few controlled punches and kicks in good balance</td>
<td>Can perform transitions from Part 1 to Part 2 by taking control immediately after gripping, and then starting to create throwing opportunities.</td>
<td>Can perform throws and throwing combinations in four directions as well as throw combinations from one (and the same) optional grip</td>
<td>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</td>
<td>Practitioner’s Sport Ju-jutsu game shows safeness, agility, and efficiency</td>
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<tr>
<td>1 Kyu</td>
<td>Understands the basic principle of neutral and dominant positions in Part 3</td>
<td>Can apply the principle of breaking balance and throwing direction using throws well adapted to the opponent’s balance and positioning</td>
<td>Can escape pins and perform transitions between the most common positions and submissions in Part 3</td>
<td>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</td>
<td>Has participated in at least one competition in JJ Fighting in the last year as either competitor, judge, secretary or coach</td>
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<tr>
<td>1 Dan</td>
<td>Manages light Sport Ju-jutsu sparring using techniques learned and can adjust the tempo according to own and training partners ability</td>
<td>Can make transitions between different positions (and submissions) as well as escape a few common pins in Part 3.</td>
<td>Shows good insight, when selecting techniques in sparring, based on own strengths and weaknesses.</td>
<td>Shows good understanding of tactics and selection of sparring techniques based on their own and opponents strengths and weaknesses</td>
<td>*Kime - Sudden muscle tension at just the right moment in the execution of a technique; gives the technique distinctiveness.</td>
</tr>
</tbody>
</table>

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