

**Grading and Training Syllabus**

**Adults**



**Name:**

**8th Kyu**

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# Break Falls

(A) Rolling  
(B) Back (2)  
(C) Front (2)  
(D) Side

(E) Foreflap

Breaking Front Strangles (2)

Breaking Back Strangles (2)

Straight Arm Lock

Hip Throw

Recumbant Ankle

Shoulder Locks (2)

Kata of Blocks

Kata of Strikes

Front Thrust Kick / Front Snap Kick

Groundwork positions (3 holding positions)

Guard

Full Mount

Side Mount

Dojo Etiquette

Club Safety

## All students are expected to demonstrate restraining techniques

**7th Kyu**

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Hip Throw with Shoulder Arm Lock

Hip Throw with Cross Over Arm Lock (2)

Defence against Kicks to the Head Whilst on the ground (4)

Basic Arm Locks (3)

Basic Wrist Locks Various

Shoulder Arm Locks (2)

Wrist Throw with Lock from Knife Attack (2)

Reclining Leg Throw with Strikes

Breaking Ground Strangles

1. Above the Head
2. At the Side
3. Arms Pinned
4. Sitting on the Stomach
5. Between the Legs

Breaking Hair Grabs

(A) Front  
(B) Rear

Kicking Kata

Blocking and Striking Kata

1 submission from each ground position:

1. Side mount to neck lock
2. Guard to arm lock
3. Full mount to arm lock

**All students are expected to demonstrate restraining techniques**

**6th Kyu**

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Half Shoulder Throws (2)

Body Drop (2)

Leg Throw

(A) Attacker's Left Leg Forward  
(B) Attacker's Right Leg Forward

Dropping Full Shoulder

Back Hammer Lock

Back Scissors Throw (2)

Sweeping Loin (2)

Outside Hock

Drawing Ankle

Inside Hock

Stamp Throw

Palm Locks Various

Side mount submission:

Arm Locks on both arms (4)

#### All students are expected to demonstrate restraining techniques

**5th Kyu**

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Escape Front/Rear with Arms Pinned/Unpinned (8)

Knee Wheel

Bar Chokes (2)

Shoulder Throws (4)

Strangles and Chokes (10)

Rice Bail Throws (2)

Escape from Full Nelson (2)

Front Scissors Throw (2)

Escape from Half Nelson (2)

Locking Techniques on the Ground (15)

Randori

Kumite

Locks from Guard:

1. Arm lock
2. Choke to neck using both wrists
3. Choke with arm continue to shoulder lock
4. Guillotine
5. Back hammer lock

### All students are expected to demonstrate restraining techniques

**4th Kyu**

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Loin Throw

Escape from Head Chancery's

(A) Front (3)  
(B) Rear (2)

Escape From Garrotting

(A) Front (2)  
(B) Rear (2)

Breaking Strangles and Chokes (6)

Scissors and Naked Choke

Spring Hip Throws

(A) One Leg Spring  
(B) Two Leg Spring  
(C) Knee Push

Scoop Throws

(A) Front  
(B) Rear

Side Scoop with Double Leg Lock

Knife Defence (6)

Wrist Locks

(A) Palm Up  
(B) Side with Elbow  
(C) Rear

Locks from Full mount:

1. Chokes (3)
2. Knuckles to neck
3. Arm Locks (2)

### All students are expected to demonstrate restraining techniques

**3rd Kyu**

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Valley Drop (2)

Counters to Straight Arm Lock (2)

Counters to Back Arm and Collar Hold (4)

Counters to Bar Chokes (3)

Head Hip Knee

Wedge Blocks (2)

Shoulder Wheels (2)

Locking Techniques Standing and on the Ground (15)

Freestyle Knife Blocking

Defence Against Kicking Techniques (8)

Kumite

Randori

Knee on stomach with submission:

1. Arm lock spinning
2. Straight arm lock
3. Arm lock in reverse

### All students are expected to demonstrate restraining techniques

**2nd Kyu**

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Corner Throw

Rear Throw (2)

Cross Ankle Throw (2)

Defence Against Three or More Attackers (Set)

Rolling Ankle Throw

Outer Wheel

Leg Wheel

(A) Front  
(B) Rear

Outer Hook Throw

Throwing Opponent from Behind (8)

Shoulder Crash (2)

Finger and Thumb Locks (6)

Shoulder Throws (Various)

Randori with Indiscriminate Kicking and Punching

Groundwork techniques:

1. Guard into Half Guard
2. Guard into Rear Naked
3. Side Mount into North-South

### All students are expected to demonstrate restraining techniques

**1st Kyu**

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20 Straight Throws

Winding Throws

(A) Inner  
(B) Outer

Defence Against Three or More Attackers Indiscriminate

Stomach Throws (5)

Resuscitation Techniques

Nerve and Pressure Points (Various)

Dropping Version of Reverse Body Drop

Shoulder Charge Throw

Defence Against Knife Attacks Using Kicks (Various)

Escape from Both Wrists Held from the Rear (6)

Kicks from the Ground (Various)

Shoulder and Arm Takedown with Dislocations

One Handed Throws (6)

Leg Sweeps Front/Rear (6)

Randori Indiscriminate Kicks and Punches

**All students are expected to demonstrate restraining techniques**

**1st Dan**

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Continuous Throwing (25)

Counters to Major Throws

(A) Hip Throw (2)

(B) Drawing Ankle (2)  
(C) Shoulder Wheel (2)  
(D) Full Shoulder Throw (2)  
(E) Body Drop (2)

Inside Leg Sweep

Combination Throws (4)

Lunge Punch Reverse Punch (Various Levels)

Inside Forearm Block followed by Back Fist to Ear

Counters to Left and Right Kicks

(A) Crescent Kick (2)  
(B) Back Kick (2)  
(C) Front Kick (2)  
(D) Round House Kick (2)  
(E) Side Kick (2)

One Handed Throat Throws (2)

X-Block Pulling onto Round House Kick

X-Block Pulling onto Knee Strike and Strike to Head

Punching Combination - Body, Face, Body

Palm Heel Blocks with Counters from Attacks (Various)

Left and Right Upward Rising Blocks

Attacking Different Parts of the Body using various

Combinations of Open/Closed Hands/Bottom Fist

& Elbow Strikes

Defence Against Freestyle Kicks and Punches (Various)



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Defence Against Set Attacks (Various)

Basic Anatomy of the Human Body

All Previous Techniques if Required

Groundwork techniques with immediate submission (6)

##### Submission from different positions

1. Full mount
2. Side mount
3. Guard

### All students are expected to demonstrate restraining techniques

**2nd Dan**

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Left-handed Throws (Major throws only)

Defence against Knife Attacks (10)

Defence against Grabs (Indiscriminate)

Circle Defence (must show good reactions)

Kumite (continuous)

Kempo Waza (8)

Defence Against Left and Right Kicks and Punches

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All previous techniques as required

Weapons (optional)

Basic Anatomy of the Human Body

Groundwork techniques with immediate submission (6)

Submission from different positions

1. Full mount
2. Side mount
3. Guard

### All students are expected to demonstrate restraining techniques