

USA JIU-JITSU
(USAJJ) ®
RANK REQUIREMENTS



UNITED STATES
JU-JITSU FEDERATION ®

- NATIONAL OFFICE -

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FOREWORD

Technical Excellence in Martial Arts training is one of **USJJF's** top priorities. As Leaders in the Martial Arts, it is our sacred responsibility to ensure that all of our students receive the best possible "Mentoring" both in technique and philosophy of the Martial Arts.

Martial Art Training is the cornerstone of knowledge and the basis for credible self-defense skill and the perfection of human character. Training in a comprehensive taxonomy of Ju-Jitsu Skills is the "Key" by which the USJJF's Members develop their Martial Art Proficiency and exercise the collective capabilities required in self-defense or competition. Martial Art Training builds Character Development and, when necessary, prepares the Jiu-Jitsuka to "Win" if or when confrontation (or combat) cannot be avoided.

While Senior Yudansha determine the direction and goals of training, it is the Dojo Sensei (& Assistant Sensei) who ensure that every training activity or class is well planned and rigorously conducted. These Rank Requirements are designed to guide and assist the Sensei to accomplish his or her goals in teaching the **USA JIU-JITSU (USAJJ) ®** system. The **USAJJ** Rank System for BJJ - GRAPPLING is divided into Nine separate divisions of training to include:

1. **Joint Locking** (Kansetsu Waza)
2. **Choking Techniques** (Shime Waza)
3. **Holding Techniques** (Osae Waza)
4. **Break-falling Techniques** (Ukemi Waza)
5. **Throwing Techniques** (Nage Waza)
6. **Countering Techniques** (Kaeshi Waza)
7. **Escapes Techniques** (Fusegi Waza)
8. **Self-Defense Techniques** (Goshinjitsu Waza)
(Striking, Kicking, Blocking, Body Movement, Posture and Stances)
9. **Competition & Free Practice** (Shiai & Randori)

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The **United States Ju-Jitsu Federation (USJJF)** along with the **Panamerican Jiu-Jitsu Federation (PJJF)**, **World Ju-Jitsu Federation (WJJF)** and **World Ju-Jitsu Kobudo Organization (WJJKO)**. have established the training doctrine & guidance. The Dojo Sensei should apply these guidelines and assist the USJJF Leadership in the further development & conduct of **USAJJ** Training. These **USAJJ** ® Rank Requirements provide the training & promotion guidelines for USJJF Sensei & students in the areas of martial art history, traditions, techniques, strategy & terminology. From these Rank Requirements, the USJJF will formulate and publish a comprehensive training manual and videos for the **USAJJ** ® System.

Our duty as USJJF Leaders is to provide challenging and realistic Martial Arts Training for all of our Members. The National Federation will do its part, and I encourage all USJJF Sensei involved in BJJ to study, understand, and teach the techniques, as well as the Budo Philosophy presented in this manual and on the USJJF Official Website. USJJF Sensei involved in the BJJ must redouble their commitment to accurate & comprehensive **USAJJ** ® training, remembering, that Technical Excellence is a "Top Priority" in the **United States Ju-Jitsu Federation**.

I express my most sincere respect to the memory of Hanshi George E. Anderson, our Federation's Founder, for his extensive contributions thru-out his life in helping to produce this **USA JIU-JITSU** ® Rank System. I would also like to recognize and give thanks to Sensei Brian Walsh and other members of the USAJJ (BJJ & Grappling) Committee for all their technical input on Brazilian Jiu-Jitsu helping to produce the **USAJJ** ® Training Curriculum and Rank System. And in closing, I also express my sincere thanks to all Members of our USJJF Technical Committee for their input and support in producing this most comprehensive BJJ training guide.

Bruce R. Bethers, 8th Dan, Shihan
President and CEO -
United States Ju-Jitsu Federation (USJJF)
USA Representative –
Panamerican Jiu-Jitsu Federation (PJJF)
World Ju-Jitsu Federation (WJJF),
World Ju-Jitsu Kobudo Organization (WJJKO)

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USAJJ (BJJ & GRAPPLING) COMMITTEE:

- Brian Walsh, Chairman**
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 - **Micheal Rosenquist**
 - **Gary Hensley**



USA Jiu-Jitsu (USAJJ) ® Rank Requirements

Belt system and its related age requirements -

1. WHITE – Beginner, any age
2. GREY – 04 to 15 years of age
3. YELLOW – 07 to 15 years of age
4. ORANGE – 10 to 15 years of age
5. GREEN – 13 to 15 years of age
6. BLUE – 16 years of age or older
7. PURPLE – 16 years of age or older
8. BROWN – 18 years of age or older
9. BLACK – 19 years of age or older

Belt system and its minimum times

| | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|--------|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| White | | | | | | | | | | | | | | | | | | |
| Grey | | | | | | | | | | | | | | | | | | |
| Yellow | | | | | | | | | | | | | | | | | | |
| Orange | | | | | | | | | | | | | | | | | | |
| Green | | | | | | | | | | | | | | | | | | |
| Blue | | | | | | | | | | | | | | | | | | |
| Purple | | | | | | | | | | | | | | | | | | |
| Brown | | | | | | | | | | | | | | | | | | |
| Black | | | | | | | | | | | | | | | | | | |

All candidates for both Kyu and Dan grade promotion in USA JIU-JITSU ® USJJF’s BJJ – Grappling Program will be assessed by formal examination. The syllabus contained within this document is updated as of 15 May 2015.

There is no competition “point system” requirements for promotion into and within the Kyu and Dan grades of USAJJ ®. However, all candidates for promotion Kyu and Dan grade are required to exhibit a high level of technical knowledge in Grappling / BJJ and be able to apply techniques in free play and competition. The syllabus also requires that candidates demonstrate greater knowledge and higher levels of skill as they progress through the ranks. Kyu & Dan rank promotion within USJJF is based upon:

- Practical application of Jiu-Jitsu spirit in everyday life
- Knowledge and understanding of USA Jiu-Jitsu ®
- All-round ability in USA Jiu-Jitsu ®
- Contribution to USA Jiu-Jitsu ® and other distinguished accomplishments in USJJF
- Dedication, leadership and service to USJJF
- Years of training and time in grade and age

NEW STUDENT, (WHITE BELT after a month 1 stripe)

General Requirements:

This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.

Basic knowledge of dojo rules, procedures and hygiene.

Regular dojo attendance and training.

Grey Belt or White with center stripe (4-6), Requirements: White Belt 2 Stripe (Adult)

General Requirements:

This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® instructor/Examiner.

Basic knowledge of dojo rules, procedures and hygiene.

Regular dojo attendance and training.

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade & training requirement as a White Belt, two months.

Techniques (Waza)

Students will demonstrate the following techniques

Holding Techniques (Osae Waza)

Side Control: Shark or Alligator Bite & Snake Bite

Back: Back Pack, Boots, hooks or Bronco Horse

Mount: Superman Control

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Shrimp Escape

Crocodile Escape

Break-falling Techniques (Ukemi Waza)

Basic Rear Break-fall (Koho Ukemi)

Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Leg trip (O-Soto-Gari)

Rug Throw or Blast double

Yellow Belt Requirements (7-9 years): White Belt - 3 stripes (Adult)

General Requirements:

6. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
7. Basic knowledge of dojo rules, procedures and hygiene.
8. Regular dojo attendance and training.
9. **Must be Member in good standing with the USJJF.**
10. Minimum time in grade & training requirement as a 2 White Belt, two months.

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General Knowledge:

1. Origin of Jiu-Jitsu
2. Translation of “Jiu-Jitsu” (The Gentle Art)
3. Known length of Jiu-Jitsu’s history. (2,000 years)
4. Official National System of USA Jiu-Jitsu as taught by the United States Jiu-Jitsu Federation.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)
Arm Lock (Ude Gatame)
Arm Entanglement (Ude Garami)

Holding Techniques (Osae Waza)

Head and Arm or Scarf Hold (Kesa Gatame)
Side Control: Two ways to side control, Shark or Alligator Bite & Snake Bite
Back: Back Pack, Boots, hooks or Bronco Horse
Mount: One way to mount, one way to keep mount & Superman Control
Guard: Butterfly Guard, Closed & Open Guard, Spider Guard
Half Guard:

Break-falling Techniques (Ukemi Waza)

Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Advanced foot sweep (De Ashi Harai)
Kick back or Major Outer Reaping (Osoto-Gari)
Hip Throw (Koshi-Guruma)
2 Double Legs: Flared (Morote-Gari) & Blast

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Scissors Sweep
Heel block Sweep
Scarf hold Escape
Shrimping Escape

Alligator Escape
Tornado Guard pass
One way to escape from Mount
One way to pass Half Guard

Competition & Free Practice (Randori)

Competition with wins against 3 yellow or White 3 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Orange Belt Requirements (10-13 years):
White Belt 4 stripes (Adult):

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
1. Basic knowledge of dojo rules, procedures and hygiene.
2. Regular dojo attendance and training.
3. **Must be Member in good standing with the USJJF.**
4. Minimum time in grade & training requirement three months.

General Knowledge:

Brief overview of the development of USA JIU-JITSU ® USJJF's BJJ – Grappling Program and its historical origins.

Refer to the USJJF Official Website: www.usjif.org and www.usajihq.org
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Pressing Wrist Lock (Koto Jime)
Elbow Press (Ude Osae)

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)
Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Two ways to side control, Shark or Alligator Bite & Snake Bite

Back: Back Pack, Boots, hooks or Bronco Horse

Mount: One way to mount, one way to keep mount & Superman Control

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Choking Techniques (Shime Waza)

Rear Naked Choke

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)
Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Major Inner Reap (O Uchi Gari)
2 Major Hip Throws (O Goshi / Koshi-Guruma)
Double Leg Flared (Morote-Gari)
Advanced foot sweep (De Ashi Harai)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Scissors Sweep
Heel block Sweep
Scarf hold Escape
Shrimping Escape
Alligator Escape
Tornado Guard pass
Two ways to escape from Mount
One way to pass Half Guard

Competition & Free Practice (Randori)

Competition with wins against 3 yellow or White 4 strips belts.

Self-Defense Techniques (Goshinjitsu Waza)

**Green Belt Requirements (14-15 years);
White Belt 5 stripes (Adult):**

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner .
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Elbow Lock (Ude Gatame)

Major Outer Press (O Soto Osae)

Specializing in 3 submissions

Holding Techniques (Osae Waza)

Shoulder hold (Kata Gatame)

Reverse Scarf Hold (Ushiro Kesa Gatame)

North South control

Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Two ways to side control, one submission

Back: Back control & two Submission

Mount: two ways to keep mount & three submissions

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Choking Techniques (Shime Waza)

Guillotine Choke

Headlock Choke

Rear Naked Choke

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)

Basic Rear Break-fall (Koho Ukemi)

Basic Side Break-fall (Yoko Ukemi)

Forward Break-fall

Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Knee Wheel Throw (Hiza Guruma)

Foot Stop Throw (Sasae Tsuru Komi Ashi)

Floating Hip Throw (Uki Goshi)

2 Major Hip Throws (O Goshi / Koshi-Guruma)

Double Leg Flared (Morote-Gari)

Single leg (Kuchiki Taoshi)

Major Inner Reap (O Uchi Gari)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount

Scissors Sweep

Heel block Sweep

Hooked heel sweep (Grapevine)

Trip sweep

Scarf hold Escape

Guillotine Defense

Head lock defense

Two ways to Guard pass

Two ways to escape from Mount

One way to pass Half Guard
One half Guard reversal

Competition & Free Practice (Randori)

Competition with wins against 3 Orange or White 4 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

2nd Degree Green or Green with center stripe Belt Requirements (14-15 years) provisional Blue Belt.

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).

Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

| | |
|---------------------|---------------|
| Arm Lock | (Ude Gatame) |
| Arm Entanglement | (Ude Garami) |
| Elbow Lock | (Wake Gatame) |
| Major Outer Press | (O Soto Osae) |
| Pressing Wrist Lock | (Koto Jime) |
| Elbow Press | (Ude Osae) |

Specializing in 3 submissions

Improved ability of the previous techniques

Holding Techniques (Osae Waza)

Shoulder hold (Kata Gatame)
Reverse Scarf Hold (Ushiro Kesa Gatame)
North South control
Head and Arm or Scarf Hold (Kesa Gatame)
Side Control: Shark or Alligator Bite & Snake Bite
Two ways to side control, one submission
Back: Back Pack, Boots, hooks or Bronco Horse, Back control & two Submission
Mount: Superman Control, two ways to keep mount & three submissions
Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Improved ability of the previous techniques

Choking Techniques (Shime Waza)

Guillotine Choke
Headlock Choke
Rear Naked Choke

Improved ability of the previous techniques

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)
Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)
Forward Break-fall

Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Kick back or Major Outer Reaping (Osoto-Gari)
Rug Throw or Blast double
Knee Wheel Throw (Hiza Guruma)
Foot Stop Throw (Sasae Tsuru Komi Ashi)
Floating Hip Throw (Uki Goshi)
Hip Throw (Koshi-Guruma)
Hip Throws (O Goshi)
Double Leg Flared (Morote-Gari)
Single leg (Kuchiki Taoshi)

Major Inner Reap (O Uchi Gari)
Advanced foot sweep (De Ashi Harai)

Improved ability of the previous techniques

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount
Scissors Sweep
Heel block Sweep
Hooked heel sweep (Grapevine)
Trip sweep
Scarf hold Escape
Guillotine Defense
Head lock defense
Two ways to Guard pass
Two ways to escape from Mount
One way to pass Half Guard
One half Guard reversal
Shrimp Escape
Crocodile Escape
Tornado Guard pass

Improved ability of the previous techniques

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 4 strips belts.

Self-Defense Techniques (Goshinjitsu Waza)

Blue Belt Requirements (16 years – Adult):

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
2. Age requirement 16 years old and older.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training. Average length is 10 to 14 months of training with a minimum of 100 to 120 classes. Factors such as above-

average class attendance, natural ability, or competing could possibly shortened the time to blue belt.

5. Must be Member in good standing with the USJJF.
6. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

| | |
|-----------------------------|-----------------|
| <u>Joint Locking</u> | (Kansetsu Waza) |
| Arm Lock | (Ude Gatame) |
| Arm Entanglement | (Ude Garami) |
| Elbow Lock | (Wake Gatame) |
| Major Outer Press | (O Soto Osae) |
| Pressing Wrist Lock | (Koto Jime) |
| Elbow Press | (Ude Osae) |

Specializing in 3 submissions

Improved ability of the previous techniques

| | |
|----------------------------------|----------------------|
| <u>Holding Techniques</u> | (Osae Waza) |
| Shoulder hold | (Kata Gatame) |
| Reverse Scarf Hold | (Ushiro Kesa Gatame) |
| North South control | |
| Head and Arm or Scarf Hold | (Kesa Gatame) |

Side Control: Shark or Alligator Bite & Snake Bite

Two ways to side control, one submission

Back: Back Pack, Boots, hooks or Bronco Horse, Back control & two Submission

Mount: Superman Control, two ways to keep mount & three submissions

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Improved ability of the previous techniques

| | |
|----------------------------------|--------------|
| <u>Choking Techniques</u> | (Shime Waza) |
|----------------------------------|--------------|

Guillotine Choke

Headlock Choke

Rear Naked Choke

Improved ability of the previous techniques

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)
Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)
Forward Break-fall

Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Kick back or Major Outer Reaping (Osoto-Gari)
Rug Throw or Blast Double
Knee Wheel Throw (Hiza Guruma)
Foot Stop Throw (Sasae Tsuru Komi Ashi)
Floating Hip Throw (Uki Goshi)
Hip Throw (Koshi-Guruma)
Hip Throws (O Goshi)
Double Leg Flared (Morote-Gari)
Single leg (Kuchiki Taoshi)
Major Inner Reap (O Uchi Gari)
Advanced foot sweep (De Ashi Harai)

Improved ability of the previous techniques

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount
Scissors Sweep
Heel block Sweep
Hooked heel sweep (Grapevine)
Trip sweep
Scarf hold Escape
Guillotine Defense
Head lock defense
Two ways to Guard pass
Two ways to escape from Mount
One way to pass Half Guard
One half Guard reversal
Shrimp Escape

Crocodile Escape
Tornado Guard Pass

Improved ability of the previous techniques

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 5 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Blue Belt 1 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Must be Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, three months.

General Knowledge:

USJJF Belt Rank System by belt colors.

Understanding of “Student – Teacher” relationship in the Martial Arts.

Understand Fundamentals of:

Understand the Philosophy of USA Jiu-Jitsu ® (BJJ - Grappling).

Understand the "Six-Step Process" of learning Martial Arts.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & **Choking Techniques** (Shime Waza)

Inward Wrist Lock (Kote Hineri)

Outward Wrist Lock (Kote Gaeshi)

Three submissions for guard

Three submissions for mount

Three submissions from side control

Two submissions from back control
Two submissions from knee on belly
One combined double chained submission

Holding Techniques (Osae Waza)

Side quarters hold (Yoko Shiho Gatame)
Half guard lock downs

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)
Back Roll (Ushiro Zempo Ukemi)
Basic Front fall (Mae Ukemi)

Throwing Techniques (Nage Waza)

Shoulder Throw (Seoi Nage)
Elbow Drop (Hiki Otoshi)

Improved ability of throws and takedowns

Single leg (Kuchiki Taoshi)
Two variations of Double Leg Flared (Morote-Gari)
Two variations of Hip throws
One variations of leg throw

Countering & Escapes Techniques Kaeshi & Fusegi Waza)

One way to escape side-mount
One way to escape knee-on-belly
One way to pass half-guard
One way to sweep from half-guard
One way to defend the guillotine both standing & on ground
One way to defend the headlock both standing & on ground
Two ways to escape mount
Three different ways to sweep an opponent
Three different ways to pass guard to side control

Competition & Free Practice (Randori)

Competition with wins against Blue belts.

Blue Belt 2 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, three months.

General Knowledge:

Understanding the purpose of break falling. (Ukemi).

Understand the importance of "Center" (Hara).

Understanding of "Spirit" (Ki).

Understand Fundamentals of:

Understand the basic concept of breaking your opponent's balance & controlling his off-balance. (Happo-No-Kuzushi).

Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).

Randori skills (recommended as supplemental training).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking

Circular Wrist Lock

Leaf Turn Wrist Lock

Hand Mirror

Arm Wing Lock

Specializing in 3 submissions

(Kansetsu Waza)

(Kote Mawashi)

(Kanoa Gaeshi)

(Te Garami)

(Ude Henkan Gatame)

Choking Techniques (Shime Waza)

Single Cross lock (method 1) (Kata-Juji-Jime)

Headlock Choke

Rear Naked Choke

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)
Upper Quarter Hold (Kami Shiho Gatame) North South control
Guard: Butterfly Guard, Open Guard, Spider Guard
Half Guard:

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)
Back Roll (Ushiro Zempo Ukemi)
Basic Front fall (Mae Ukemi)

Throwing Techniques (Nage Waza)

Minor outside Reaping Throw (Ko Soto Gari)
Minor inside Reaping Throw (Ko Uchi Gari)
Double Leg Flared (Morote-Gari)
Single leg (Kuchiki Taoshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Single cross wrist grip
Two on one arm Grip
Double wrist Grip
Front & Rear Bear Hug.

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 5 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against Blue 1 stripe belts.

Blue Belt 3 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Understand the fundamentals of escapes (fusegi waza), counters (kaeshi waza) and combination (renroku waza) techniques.

Understand Fundamentals of:

Understand the fundamental concept of "Movement Strategy" (fumiri waza and taisabaki waza) in USA Jiu-Jitsu ®

Understand the fundamental "key" points of Jiu-Jitsu techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

| | |
|-----------------------------|---------------------|
| <u>Joint Locking</u> | (Kansetsu Waza) |
| Outward Elbow twist Lock | (Soto Ude Gaeshi) |
| Thumb Lock | (Yubi Gatame) |
| Elbow Lock | (Hiji Gatame) |
| Arm Wing Lock | (Ude Henkan Gatame) |

Choking Techniques (Shime Waza)

| | | |
|--------------------|----------|-------------------|
| Single Cross lock | method 1 | (Kata-Juji-Jime) |
| Reverse Cross Lock | | (Gyaku-Juji-Jimi) |

Holding Techniques (Osae Waza)

| | |
|---------------------|---|
| Reverse Scarf Hold | (Ushiro Kesa Gatame) |
| Modified Scarf Hold | (Kuzure Kesa Gatame) |
| Upper Quarter Hold | (Kami Shiho Gatame) North South control |

Break-falling Techniques (Ukemi Waza)

| | |
|-------------------------|----------------------|
| Forward Roll | (Zempo Kaiten Ukemi) |
| Back Roll | (Ushiro Zempo Ukemi) |
| Front fall | (Mae Ukemi) |
| Standing Side Breakfall | (Tachi Ukemi) |

Throwing Techniques (Nage Waza)

| | |
|-----------------------------|--------------------|
| Hip Wheel Throw | (Koshi Guruma) |
| Lift / Pull Hip Throw | (Tsuru Komi Goshi) |
| Minor outside Reaping Throw | (Ko Soto Gari) |
| Minor inside Reaping Throw | (Ko Uchi Gari) |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

| |
|--|
| Single cross wrist grip |
| Two on one arm Grip |
| Double wrist Grip |
| Front & Rear Bear Hug. (Arms out & lock) |

Competition & Free Practice (Randori)

Competition with wins against blue 3 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against Blue 2 stripe belts.

Blue Belt 4 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Know the Historical Development of USA Jiu-Jitsu ® (BJJ - Grappling).

Understand Fundamentals of:

Understand the fundamental "key" points of USA Jiu-Jitsu ® techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking

| | |
|--------------------------|-------------------|
| Inward Elbow Twist lock | (Kansetsu Waza) |
| Wrist Twist Lock | (Uchi Ude Gaeshi) |
| Outward Elbow Twist Lock | (Kote Hineri) |
| Elbow Lock | (Soto Ude Gaeshi) |
| | (Hiji Gatame) |

Choking Techniques (Shime Waza)

| | |
|--------------------|-------------------|
| Normal Cross lock | (Nami-juji-Jime) |
| Single Cross lock | (Kata-Juji-Jime) |
| Reverse Cross Lock | (Gyaku-Juji-Jimi) |
| Side Choke | |

Holding Techniques (Osae Waza)

| | |
|----------------------------|---------------------------------|
| Reverse Scarf Hold | (Ushiro Kesa Gatame) |
| Modified Scarf Hold | (Kuzure Kesa Gatame) |
| Upper Quarter Hold control | (Kami Shiho Gatame) North South |

Break-falling Techniques (Ukemi Waza)

| | |
|-------------------------|----------------------|
| Forward Roll | (Zempo Kaiten Ukemi) |
| Back Roll | (Ushiro Zempo Ukemi) |
| Front fall | (Mae Ukemi) |
| Standing Side Breakfall | (Tachi Ukemi) |

Throwing Techniques (Nage Waza)

| | |
|-------------------|--------------|
| 4 Direction Throw | (Shiho Nage) |
|-------------------|--------------|

Hip Wheel Throw (Koshi Guruma)
Lift / Pull Hip Throw (Tsuru Komi Goshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)
Defense against Side chokes
Defense against Double Lapel chokes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against blue 3 stripes belts.

Blue Belt 5 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Know the Historical Development of USA Jiu-Jitsu ® (BJJ - Grappling).

Understand Fundamentals of:

Understand the fundamental "key" points of USA Jiu-Jitsu ® techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

| | |
|-----------------------------|---------------------|
| <u>Joint Locking</u> | (Kansetsu Waza) |
| Circular Wrist Lock | (Kote Mawashi) |
| Leaf Turn Wrist Lock | (Kanoa Gaeshi) |
| Hand Mirror | (Te Garami) |
| Arm Wing Lock | (Ude Henkan Gatame) |
| Inward wrist lock | (Kote Hineri) |
| Outward Wrist lock | (Kote Gaeshi) |

Inward Elbow Twist Lock (Uchi Ude Gaeshi)
Wrist Twist Lock (Kote Hineri)
Outward Elbow twist Lock (Soto Ude Gaeshi)
Elbow Lock (Hiji Gatame)
Three Joint Locks from guard

Three Joint Locks from mount
Tree Joint Locks from side control
Two Joint Locks from back control
Two Joint Locks from knee on belly
One combined double chained submission

Choking Techniques (Shime Waza)

Headlock Choke
Rear Naked Choke
Normal Cross lock (Nami-juji-Jime)
Single Cross lock (Kata-Juji-Jime)
Reverse Cross Lock (Gyaku-Juji-Jimi)
Side Choke
Three Chokes from guard
Three Chokes from mount
Tree Chokes from side control
Two Chokes from back control
Two Chokes from knee on belly
One combined double chained submission

Holding Techniques (Osae Waza)

Guard: Butterfly Guard, Open Guard, Spider Guard
Half Guard
Reverse Scarf Hold (Ushiro Kesa Gatame)
Modified Scarf Hold (Kuzure Kesa Gatame)

Upper Quarter Hold (Kami Shiho Gatame) North South control

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)
Back Roll (Ushiro Zempo Ukemi)
Forward Roll (Zempo Kaiten Ukemi)
Front fall (Mae Ukemi)
Standing Side Breakfall (Tachi Ukemi)

Throwing Techniques (Nage Waza)

| | |
|------------------------------|--------------------|
| Elbow Drop | (Hiki Otoshi) |
| Shoulder Throw | (Seoi Nage) |
| Minor outside Reaping Throw | (Ko Soto Gari) |
| Minor inside Reaping Throw | (Ko Uchi Gari) |
| Double Leg Flared | (Morote-Gari) |
| 4 Direction Throw | (Shiho Nage) |
| Hip Wheel Throw | (Koshi Guruma) |
| Lift / Pull Hip Throw | (Tsuru Komi Goshi) |
| Single leg | (Kuchiki Taoshi) |
| Two variations of Hip throws | |
| One variations of leg throw | |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One way to escape side-mount
One way to escape knee-on-belly
One way to pass half-guard
One way to sweep from half-guard
One way to defend the guillotine both standing & on ground
One way to defend the headlock both standing & on ground
Two ways to escape mount
Three different ways to sweep an opponent
Three different ways to pass guard to side control
Defense against Side chokes
Defense against Double Lapel chokes
Single cross Wrist Grip
Two on one Arm Grip
Double Wrist Grip
Front & Rear Bear Hug.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against blue 4 stripes belts.

Purple Belt Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training. An average of 3 years of training. With a minimum of 360 classes, above-average class attendance, natural ability, or competing could possibly shortened the time to Purple belt

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental USA Jiu-Jitsu ® skills.

Ability to explain the general concepts & foundations of USA JIU-JITSU ® .

Understand Fundamentals of:

Understand the basic concept of Body Movements

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & Choking Techniques (Shime Waza)

Two Double submission attacks

Two submissions from Back control

Two submissions from knee on Belly

Three submissions from side control

Five submissions from mount

Five submissions from guard

Holding Techniques (Osae Waza)

All previous

Break-falling Techniques (Ukemi Waza)

All previous

Throwing Techniques (Nage Waza)

One leg throw

Two double legs
Two single legs
Four hip throws

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape from side control
One escape from rear mount
One way to escape knee on belly
Two ways to escape mount
Two sweeps from half-guard
Two half-guard passes
Two ways to guillotine standing & ground
Two ways to the headlock standing & ground
Five ways to pass guard to side control
Five ways to sweep an opponent.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Blue belts 5 Stripes

Purple Belt 1 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.
Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.
Minimum time in grade requirement, four months.

General Knowledge:

Improved ability in previous rank requirements.
Ability to teach the fundamental USA Jiu-Jitsu ® skills.
Ability to explain the general concepts & foundations of USA JIU-JITSU ®.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

| | | |
|---------------------|----------------|----------------|
| Entangled Arm lock | (method 1 & 2) | (Ude Garami) |
| Cross Arm Lock | (method 1 & 2) | (Juji Gatame) |
| Wrist Press | | (Tekubi Osae) |
| Wrist Wrapping Lock | | (Kote Mawashi) |

Choking Techniques (Shime Waza)

| | | |
|----------------------|------------|----------------------|
| Single Cross Lock | (method 2) | (Kata-Juji-Jime Ni) |
| Reverse Cross Lock | (method 2) | (Gyaku-Juji-Jime Ni) |
| Normal Cross lock | (method 1) | (Nami-Juji-Jime) |
| Half and Full Nelson | | |

Holding Techniques (Osae Waza)

All previous

Break-falling Techniques (Ukemi Waza)

All previous

Throwing Techniques (Nage Waza)

| | |
|-------------------------------|--------------------|
| Gathering Foot Sweep | (Okuri Ashi Harai) |
| Body Drop Throw | (Tai Otoshi) |
| Sweeping Hip Throw | (Harai Goshi) |
| Inside Thigh Throw, Mule Kick | (Uchi Mata) |
| Mountain Storm Throw | (Yama Arashi) |

Elbow Lock Throw (Tenbin Nage)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Defense to Half and full Nelson
Defense to Head lock
Defense to Rear Naked choke

All previous -

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts

Purple Belt 2 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Improved ability to teach fundamental USA Jiu-Jitsu ® skills.

Write an essay (approx. 500 words) on the historical significance of the transition of Bu-Jutsu (warfare) to Budo.

Understand basic First Aid for common Dojo injuries.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Entangled Arm lock (method 3) (Ude Garami San)

Cross Arm Lock (method 3) (Juji Gatame San)

Knee lock Press (Hiza Kansetsu Osae)

Choking Techniques (Shime Waza)

Single Cross Lock (method 3) (Kata-Juji-Jime San)

Reverse Cross Lock (method 3) (Gyaku-Juji-Jime San)

Normal Cross lock (method 2) (Nami-Juji-Jime Ni)

Naked choke (method1 & 2) (Hadaka –Jime Sho & Ni)

Holding Techniques (Osae Waza)

Improved ability in all previous positions
Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls
Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

| | |
|--------------------|----------------|
| Minor Outside Dash | (Ko Soto Gake) |
| Pulling Hip Throw | (Tsuru Goshi) |
| Side Body Drop | (Yoko Otoshi) |
| Leg Wheel Throw | (Ashi Guruma) |
| Entering Throw | (Irimi Nage) |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 1 stripe

Purple Belt 3 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.
Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain & demonstrate primary important points in the study of USA Jiu-Jitsu ® (form, balance, center of gravity, concentration of power, speed, rhythm, timing, lower abdomen & hip control, as well as discipline of training). Understand the importance of the development of character.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

| | | |
|--------------------|------------|-------------------|
| Entangled Arm lock | (method 4) | (Ude Garami Yon) |
| Cross Arm Lock | (method 4) | (Juji Gatame Yon) |
| Stomach Arm lock | | (Ude Hara Gatame) |

Choking Techniques (Shime Waza)

| | | |
|----------------------------------|-------------------|--------------------------|
| Single Wing Lock | (method 1, 2 & 3) | (Kata-Juji-Jime Sho-San) |
| Reverse Cross Lock | (method 4) | (Gyaku-Juji-Jime Yon) |
| Normal Cross lock | (method 2) | (Nami-Juji-Jime Ni) |
| Naked choke | (method 3 & 4) | (Hadaka –Jime San & Yon) |
| <u>Holding Techniques</u> | (Osae Waza) | |

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

| | |
|-------------------------------|-------------------------|
| Spring hip Throw | (Hane Goshi) |
| Sweeping Lift/Pull foot Throw | (Harai Tsuru Komi Ashi) |
| Circle Throw | (Tomoe Nage) |
| Shoulder Wheel Throw | (Kata Guruma) |
| Waist Throw | (Koshi Nage) |
| Wheel Throw | (Kaiten Nage) |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 2 stripe

Purple Belt 4 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain & demonstrate all previous Jiu-Jitsu techniques.

Joint Locking (Kansetsu Waza)

| | |
|-----------------------------------|-------------------|
| Entangled Arm lock all variations | (Ude Garami) |
| Cross Arm Lock all variations | (Juji Gatame) |
| Stomach Arm lock all variations | (Ude Hara Gatame) |

Choking Techniques (Shime Waza)

| | |
|-----------------------------------|-------------------|
| Single Wing Lock all variations | (Kata-Juji-Jime) |
| Reverse Cross Lock all variations | (Gyaku-Juji-Jime) |
| Normal Cross lock all variations | (Nami-Juji-Jime) |
| Naked choke all variations | (Hadaka –Jime) |

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

| | | |
|--|-----------------|----------------------|
| Spring hip Throw | | (Hane Goshi) |
| Circle Throw into arm bar / Triangle choke | | (Tomoe Nage) |
| Shoulder Wheel Throw | | (Kata Guruma) |
| Waist Throw | | (Koshi Nage) |
| Wheel Throw | | (Kaiten Nage) |
| Minor Outside Dash | (method 2) | (Ko Soto Gake Ni) |
| Pulling Hip Throw | (methods 2) | (Tsuru Goshi Ni) |
| Side Body Drop | (methods 2 & 3) | (Yoko Otoshi Sho Ni) |
| Entering Throw | (methods 2 & 3) | (Irimi Nage Ni San) |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 3 stripe

Purple Belt 5 stripe Requirements (16 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain, teach & demonstrate all previous USA Jiu-Jitsu ® techniques.

General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental Jiu-Jitsu skills.

Ability to explain the general concepts & foundations of USA JIU-JITSU ®.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Improved ability in all previous joint locks

Ability to teach all previous joint locks

Entangled Arm lock all variations (Ude Garami)

Cross Arm Lock all variations (Juji Gatame)

Stomach Arm lock all variations (Ude Hara Gatame)

Knee lock Press all variations (Hiza Kansetsu Osaie)

Two Double Joint Locking submission attacks

Two Joint Locking submissions from Back control

Two Joint Locking submissions from knee on Belly

Three Joint Locking submissions from side control

Five Joint Locking submissions from mount

Five Joint Locking submissions from guard

Choking Techniques (Shime Waza)

Improved ability in all previous Chokes

Ability to teach all previous Chokes

Single Wing Lock all variations (Kata-Juji-Jime)

Reverse Cross Lock all variations (Gyaku-Juji-Jime)

Normal Cross lock all variations (Nami-Juji-Jime)

Naked choke all variations (Hadaka –Jime)

Two Double Choking Techniques submission attacks

Two Choking Techniques submissions from Back control

Two Choking Techniques submissions from knee on Belly
Three Choking Techniques submissions from side control
Five Choking Techniques submissions from mount
Five Choking Techniques submissions from guard

Holding Techniques (Osae Waza)

Improved ability in all previous positions
Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls
Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

| | |
|---|------------------------|
| Spring hip Throw | (Hane Goshi) |
| Circle Throw | (Tomoe Nage) |
| Shoulder Wheel Throw | (Kata Guruma) |
| Waist Throw | (Koshi Nage) |
| Wheel Throw | (Kaiten Nage) |
| Minor Outside Dash all variations | (Ko Soto Gake) |
| Pulling Hip Throw all variations | (Tsuru Goshi) |
| Side Body Drop all variations | (Yoko Otoshi Sho) |
| Entering Throw all variations | (Irime Nage) |
| <u>Countering & Escapes Techniques</u> | (Kaeshi & Fusegi Waza) |

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes
One escape from side control
One escape from rear mount
One way to escape knee on belly

Two ways to escape mount
Two sweeps from half-guard
Two half-guard passes
Two ways to guillotine standing & ground
Two ways to the headlock standing & ground
Five ways to pass guard to side control
Five ways to sweep an opponent.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Blue belts 5 Stripes

Brown Belt Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

An average of 6 years of training, minimum of 750 classes. Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time to brown belt.

Minimum time in grade requirement, 9 Months.

Normal time in grade, 12-16 Months

General Knowledge:

Understand Jiu-Jitsu mental fitness.

Understand the USAJJ ® Rank System with the significance of each belt level.

Write an essay (approx. 500 words) on your personal goals & objectives as they relate to your study of USA Jiu-Jitsu ®.

Understand Basic Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & **Choking Techniques** (Shime Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Three Double submission attacks

Three submissions from Back control

Three submissions from knee on Belly

Five submissions from side control

Six submissions from mount

Six submissions from guard

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws

Ability to teach all previous Throws

Specialization in:

One leg throw

Two double legs

Two single legs

Six hip throws

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Two escape from side control

Two escape from rear mount

Two way to escape knee on belly

Three ways to escape mount

Three sweeps from half-guard

Three half-guard passes

Three ways to guillotine standing & ground

Three ways to the headlock standing & ground

Six ways to pass guard to side control

Six ways to sweep an opponent

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 5 stripe

Brown Belt 1 Stripe Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 6 Months.

General Knowledge:

Understand Jiu-Jitsu physical fitness.

Understand Basic Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg Armlock (Ude Ashi Gatame)

Choking Techniques (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (methods 1 & 2) (Okuri-Eri Jime Sho & Ni)

Hell Strangle (Jioku-Jime)

Two Hand Necklock (Ryote Jime)

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls
Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws
Ability to teach all previous Throws
Escapes for all previous throws

Corner throw (Sumi Gaeshi)
Valley Drop (Tani Otoshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts

Brown Belt 2 Stripe Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 6 Months.

General Knowledge:

Understand the relationship between Jiu-Jitsu & physical/mental fitness.

Understand the USA JIU-JITSU ® USJJF's BJJ – Grappling Rank System with the significance of each belt level.

Understand Basic Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg Lock (Ashi Gatame)

Choking Techniques (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (methods 3 & 4) (Okuri-Eri Jime San & Yon)

Hell Strangle (methods 2 & 3) (Jioku-Jime Ni & San)

Two Hand Necklock 2 (Ryote Jime Ni)

Triangle Choke (Sankaku-Jime)

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws

Ability to teach all previous Throws

Escapes for all previous throws

Springing/Winding Pull Throw (Hane Makikomi)

Scooping Throw (Sukui Nage)

Corner throw (Sumi Gaeshi)

Valley Drop (Tani Otoshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts 1 stripe

Brown Belt 3 Stripe Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 9 Months.

General Knowledge:

Understand the relationship between USA Jiu-Jitsu ® & physical/mental fitness.

Understand the USA JIU-JITSU ® USJJF's BJJ – Grappling Rank System with the significance of each belt level.

Understand Basic Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg lock (methods 2 & 3) (Ashi Gatame Ni & San)

Choking Techniques (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (methods 5 & 6) (Okuri-Eri Jime Go & Roku)

Hell Strangle (method 4 & 5) (Jioku-Jime Yon & Go)

Sleeve Wheel Choke (Sode Gurume Jime)
Triangle Choke (method 2 & 3) (Sankaku-Jime Ni & San)

Holding Techniques (Osae Waza)

Improved ability in all previous positions
Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls
Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws
Ability to teach all previous Throws
Escapes for all previous throws
Outside Wheel Throw (Soto Guruma)
Floating Technique (Uki Waza)
Valley Drop (Tani Otoshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts 2 stripe

Brown Belt 4 Stripe Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 9 Months.

General Knowledge:

Understand Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg lock (method 4 & 5) (Ude Ashi Gatame)

Choking Techniques (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (method 5 & 6) (Okuri-Eri Jime Go & Roku)

Hell Strangle (method 6) (Jioku-Jime Roku)

Sleeve Wheel Choke (method 2 & 3) (Sode Gurume Jime Ni & San)

Triangle Choke (method 4 & 5) (Sankaku-Jime Yon & Go)

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws

Ability to teach all previous Throws

Escapes for all previous throws

Outside Wheel Throw (Soto Guruma)

Floating Technique (Uki Waza)

Side Body Separation (Yoko Wakare)

Side Wheel Throw (Yoko Guruma)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts 3 stripe

Brown Belt 5 Stripes Requirements (18 years – Adult):

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time in brown belt.

Minimum time in grade requirement, 9 Months.

General Knowledge:

Understand US Jiu-Jitsu as a Way of Life.

Ability to explain "What is Jiu-Jitsu" in a comprehensive manner.

Techniques (Waza)

Students will demonstrate the following techniques

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Joint Locking (Kansetsu Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Leg Arm-lock all variations (Ude Ashi Gatame)

Leg Lock all variations (Ashi Gatame)

Three Double joint locking attacks

Three joint locks from Back control

Three joint locks from knee on Belly

Five joint locks from side control

Six joint locks from mount

Six joint locks from guard

Choking Techniques (Shime Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Escapes for all previous choking techniques

Sliding Lapel Lock all variations (Okuri-Eri Jime)

Hell Strangle all variations (Jioku-Jime)

Two Hand Necklock all variations (Ryote Jime)

Triangle Choke all variations (Sankaku-Jime)

Sleeve Wheel Choke all variations (Sode Gurume Jime)

Triangle Choke all variations (Sankaku-Jime)

Three Double Choking Technique attacks

Three Choking Techniques from Back control

Three Choking Techniques from knee on Belly

Five Choking Techniques from side control

Six Choking Techniques from mount

Six Choking Techniques from guard

Holding Techniques (Osae Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Break-falling Techniques (Ukemi Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Throwing Techniques (Nage Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill

| | |
|------------------------------|-----------------|
| Outside Wheel Throw | (Soto Guruma) |
| Floating Technique | (Uki Waza) |
| Valley Drop | (Tani Otoshi) |
| Springing/Winding Pull Throw | (Hane Makikomi) |
| Scooping Throw | (Sukui Nage) |
| Corner throw | (Sumi Gaeshi) |
| Outside Wheel Throw | (Soto Guruma) |
| Side Body Separation | (Yoko Wakare) |
| Side Wheel Throw | (Yoko Guruma) |
| Specialization in: | |
| One leg throw | |
| Two double legs | |
| Two single legs | |
| Six hip throws | |

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

- Two escape from side control
- Two escape from rear mount
- Two way to escape knee on belly
- Three ways to escape mount
- Three sweeps from half-guard
- Three half-guard passes
- Three ways to guillotine standing & ground
- Three ways to the headlock standing & ground
- Six ways to pass guard to side control
- Six ways to sweep an opponent

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts 4 stripe

Black Belt Requirements (19 years – Adult):

General Requirements:

Be an Associate Teacher of USA JIU-JITSU ®.

Minimum age - 19 years old.

Sound moral character.

Regular dojo attendance and training.

Normal time average of 8 years of training and a demonstration.

In grade requirement, 2-4 years

Member in good standing with the USJJF.

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Master all the previous rank requirements and be able to perform these at an 95% level. Demonstrate a technique, "first for form" & "second with speed & power". Ability to demonstrate & teach all previous Techniques with strong technical skill

General Knowledge:

1. Extensive knowledge & understanding of the USAJJ ®:
 - a. Organization & Administration
 - b. Purpose or Mission
 - c. Primary Leaders
 - d. Rank Policy
 - e. Relationship with other Martial Arts and Organizations

Techniques (Waza)

Students will demonstrate the following techniques

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Joint Locking (Kansetsu Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Four Double joint locking attacks

Four joint locks from Back control

Four joint locks from knee on Belly

Six joint locks from side control

Seven joint locks from mount

Seven joint locks from guard

Choking Techniques (Shime Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Four Double Choking Technique attacks
Four Choking Techniques from Back control
Four Choking Techniques from knee on Belly
Six Choking Techniques from side control
Seven Choking Techniques from mount
Seven Choking Techniques from guard

Holding Techniques (Osae Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Break-falling Techniques (Ukemi Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Throwing Techniques (Nage Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill

Specialization in:

Two leg throw
Three double legs
Three single legs
Seven hip throws

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Four escape from side control
Four escape from rear mount
Four way to escape knee on belly
Five ways to escape mount
Five sweeps from half-guard
Five half-guard passes

Seven ways to pass guard to side control
Seven ways to sweep an opponent

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Brown belts 5 stripe

Black Belt, 1st Degree Requirements

1st Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 16 years old.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Ikkyu, 9 Months.
7. Normal time in grade as Ikkyu: 12-16 Months

General Knowledge:

Understand the relationship between Jujutsu & physical / mental fitness.
Understand the USJJF Rank System with the significance of each belt level.
Write an essay (approx. 500 words) on your personal goals & objectives as they relate to your study of **USA JIU-JITSU** ®
Understand Basic Resuscitation Techniques (Kappo).

General Terminology & Japanese Phases

| <u>English</u> | <u>Japanese</u> | <u>Pronounced</u> |
|-----------------------|------------------------|--------------------------|
| Please | Dozo or Kudasai | doh-zoh koo-dah-sahee |
| Where? | Doko | doh-koh |
| Good | Yoroshee/Jozu | yoh-roh-shee/joh zoo |
| I | Watashiwa | wah-tah koo shee |
| My, or Mine | Watakushi | wah-tah koo-shee |
| You | Anatawa | ah-nah-tah-wah |

Here

Koko

koh-koh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- | | | |
|---|------------|-----------------|
| 1. Improved ability in all previous Atemi Waza. | | |
| 2. Spine between the shoulder blades | Katsusatsu | kah-soo-sah-soo |
| 3. Kidney | Denko | dehn-koh |
| 4. Coccyx | Bitei | bee-teh-ee |
| 5. Calf | Kusazuri | koo-sah-zoo-ree |

SHIME WAZA - Choking Techniques:

| | | |
|---------------------------------------|---------------------------|---------------------------|
| Sliding Lapel Lock (methods 1 & 2) | Okuri-Eri-Jime (Sho & Ni) | Oo koh ree eh ree jee meh |
| Hell Necklock | Jigoku-Jime | jee-goh-koo jee-meh |
| Two Hand Necklock | Ryote Jime | ree-yoh-teh jee-meh |

OSAE WAZA - Holding Techniques:

Improved ability to demonstrate & teach all previous Osae Waza.

| | | |
|--------------------------------------|-------------------------|------------------------------|
| Vertical Upper Quarters Hold (method | Tate Shiho Gatame (San) | tah-teh shee-hoh gah-tah-meh |
|--------------------------------------|-------------------------|------------------------------|

KANSETSU WAZA - Joint Locking Techniques:

| | | |
|-------------|-----------------|----------------------------|
| Leg Armlock | Ude Ashi Gatame | oo-deh ah-shee gah-tah-meh |
|-------------|-----------------|----------------------------|

Escapes for all Kansetsu Waza thru San-Kyu Requirements.
Ability to use Kansetsu Waza in Self-Defense applications.

NAGE WAZA - Throwing Techniques:

| | | |
|------------------------------------|---------------|-----------------------------|
| Corner Throw | Sumi Gaeshi | soo-mee gah-eh-shee |
| Valley Drop | Tani Otoshi | tah-nee oh-toh-shee |
| Springing Winding Pulling Throw | Hane Makikomi | hah-neh-mah-kee-koh- mee |
| Scooping Throw | Sukui Nage | soo-koo-ee na-geh |
| Entering Throw | Irimi Nage | ee-ree-mee na-geh |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Full-Turn Dodge" (Zen Tenkan)
3. Ability to demonstrate "Half-Turn Dodge" (Hon Tenkan)
4. Basic Knife Defense (3ea)
5. Basic Defense Techniques for Two Attackers

RANDORI WAZA

Advanced Randori skills (recommended as supplemental training).

Black Belt, 2nd Degree Requirements

2nd Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 18 years old.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Shodan, 1 years.
7. Normal time in grade requirement as Shodan, 1-2 years

General Knowledge:

1. Understand Jujutsu as a Way of Life.
2. Ability to explain "What is Jujutsu" in a comprehensive manner.

3. Write an essay (approx. 500 words) on Vital Point Techniques as related to Martial Arts (Budo).

General Terminology & Japanese Phases:

| <u>English</u> | <u>Japanese</u> | <u>Pronounced</u> |
|---------------------|-----------------|---------------------|
| What is it? | Nan Desu Ka | nahn-dehs-kah |
| To The Right | Migi | mee-gee |
| To The Left | Hidari | hee-dah-ree |
| It's Straight Ahead | Masugu Saki | mah soo goo sah-kee |

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability to demonstrate & teach all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability to demonstrate & teach all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability to demonstrate & teach all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability to demonstrate & teach all previous Shime Waza.

| | | |
|---------------------------------------|-------------------------------|-------------------------------|
| Sliding Lapel Lock (methods 3 & 4) | Okuri-Eri-Jime (San & Yon) | oh-koo-ree eh-ree jee- meh |
| Triangular Necklock (method 1) | Sankaku-Jime (Sho) | sahn-kah-koo jee-meh |

OSAE WAZA - Holding Techniques:

Improved ability to demonstrate & teach all previous Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Improved ability to demonstrate & teach all previous Kansetsu Waza.

2. Escapes for all Kansetsu Waza thru IK-Kyu.

NAGE WAZA - Throwing Techniques:

| | | |
|----------------------------------|---------------|------------------------|
| Changing Hip Throw | Utsuri Goshi | oo-soo-ree goh-shee |
| Major Wheel Throw | O Guruma | oh goo-roo-mah |
| Outside Winding Pulling Throw | Soto Makikomi | soh-toh ma-kee-koh-mee |
| Floating Body Drop Throw | Uki Otoshi | oo-kee oh-toh-shee |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

Improved ability to demonstrate & teach all previous Goshinjitsu requirements.

1. Basic Gun Defense (3 ea)
2. Multi-Attacker Defenses (3 ea)
3. Basic Defenses from seated position (4 ea)

Working knowledge and skill in the Ju-Jitsu Form: NE-WAZA-JITSU-KATA

KUMITE WAZA

Advanced Kumite skills (recommended as supplemental training).

Black Belt, 3rd Degree Requirements

3rd Level - Advanced Student:

General Requirements:

Be an Associate Teacher of **USA JIU-JITSU** ®

1. Minimum age - 20 years old.
2. Sound moral character.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.

Minimum time in grade requirement as Nidan, 2 years.

Normal time in grade requirement as Nidan, 2-4 years

General Knowledge:

2. Extensive knowledge & understanding of the USJJF:

- f. Organization & Administration
- g. Purpose or Mission
- h. Primary Leaders
- i. Rank Policy
- j. Relationship with other Martial Arts and Organizations

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Ability to demonstrate & teach all previous Ate Waza with strong technical skill.

GERI WAZA - Kicking Techniques:

Ability to demonstrate & teach all previous Geri Waza with strong technical skill.

UKE WAZA - Blocking Techniques:

Ability to demonstrate & teach all previous Uke Waza with strong technical skill.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Ability to demonstrate & teach all previous Atemi Waza with strong technical skill.

SHIME WAZA - Choking Techniques:

Improved ability in all previous Shime Waza.

| | | |
|--|-------------------------------|--------------------------------|
| Sliding Label Lock (methods 5 & 6) | Okuri-Eri-Jime (Go & Roku) | oh-koo-ree eh-ree jee- meh |
| Sleeve Wheel Necklock | Sode Guruma Jime | soh-deh goo-roo-mah jee-meh |
| Triangular Necklock (methods 2 & 3) | Sankaku-Jime (Ni & San) | sahn-kah-koo jee-meh |

OSAE WAZA - Holding Techniques:

Ability to demonstrate & teach all previous Osae Waza with strong technical skill.

KANSETSU WAZA - Joint Locking Techniques:

Ability to demonstrate & teach all previous Kansetsu Waza with strong technical skill.

NAGE WAZA - Throwing Techniques:

| | | |
|----------------------|-------------|---------------------|
| Outside Wheel Throw | Soto Guruma | soh-toh goo-roo-mah |
| Floating Technique | Uki Waza | oo-kee wah-zah |
| Side Body Separation | Yoko Wakare | yoh-koh wah-kah-reh |
| Side Wheel Throw | Yoko Guruma | yoh-koh goo-roo-mah |

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

1. Ability to demonstrate & teach all previous Goshinjitsu Waza with strong technical skill.
2. Advanced Defenses from seated position (4 ea)
3. Improved ability in the Ju-Jitsu Form: NEWAZA-JITSU-KATA
4. Working knowledge and skill in the Jujutsu Form: EBO-NO-KATA

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

Black Belt, 4th Degree Requirements

4th Level - Skilled Technician:

General Requirements:

Be an Associate Teacher of **USA JIU-JITSU** ®

1. Minimum age - 25 years old.
2. Sound moral character.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Sandan, 3 years.
7. Normal time in grade requirement as Sandan, 3-5 years

Understand Advanced Theories of:

Kawashi Waza (passing through your attacker) vs. Kuzushi Waza (Breaking your attackers balance).

Write an essay (approx. 500 words) on the above topic.

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in demonstrating & teaching all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in demonstrating & teaching all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in demonstrating & teaching all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability in demonstrating & teaching all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability in demonstrating & teaching all previous Shime Waza.

OSAE WAZA - Holding Techniques:

Improved ability in demonstrating & teaching all previous Osaе Waza.

KANSETSU WAZA - Joint Locking Techniques:

Improved ability in demonstrating & teaching all previous Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

| | | |
|------------------------|--------------|----------------------|
| Rear Throw | Ura Nage | oo-rah nah-geh |
| Backward Hip Throw | Ushiro Goshi | oo-shee-roh goh-shee |
| Corner Body Drop Throw | Sumi Otoshi | soo-mee oh-toh-shee |
| Side Dashing Throw | Yoko Gake | yoh-koh gah-keh |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability in demonstrating & teaching all previous Goshinjitsu

Requirements.

2. Improved ability in EBO-NO-KATA.

KUMITE WAZA

Continued advanced Kumite skills (recommended as supplemental training).

Black Belt, 5th Degree Requirements

5th Level - Skilled Technician:

General Requirements:

Active Teacher & Leader of **USA JIU-JITSU** ®.

1. Minimum age - 30 years old.
2. Excellent moral character.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Yondan, 4 years.
7. Normal time in grade requirement as Yondan, 4-6 years

Understand Advanced Theories of:

1. Understand the "Warrior's Way of Strategy, The Way of Honor" (suggested text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topics.

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in all previous Ate Waza.
Strong Teaching Skills for Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.
Strong Teaching Skills for Geri Waza.

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Strong Teaching Skills for Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability in all previous Atemi Waza.
Strong Teaching Skills for Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability in all previous Shime Waza (& escapes).
Strong Teaching Skills for Shime Waza.

OSAE WAZA - Holding Techniques:

1. Improved ability in all previous Osae Waza (& escapes).
2. Strong Teaching Skills for Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

Improved ability in all previous Kansetsu Waza (& escapes).
Strong Teaching Skills for Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

| | | |
|---------------------|------------------|------------------------------|
| Two-Hand Reap | Morote Gari | moh-roh-teh gah-reh |
| One-Hand Drop | Kuchiki Taoshi | koo-chee-kee tah-oh-shee |
| Heel Trip | Kibisu Gaeshi | kee-bee-soo gah-eh-shee |
| Inner Thigh Reaping | Uchimata Sukashi | oo-chee-mah-tah soo-kah-shee |
| Throw Slip | | |
| Swallow Counter | Tsubame Gaeshi | soo-bah-mee gah-eh-shee |

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

Improved ability on all previous Goshinjitsu requirements

Strong Teaching Skills for Goshin Jitsu Waza.

Working knowledge and skill in the Jujutsu Form:

GOSHIN JITSU NO KATA

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

KUMITE WAZA

Continued advanced Kumite skills (recommended as supplemental training).

Black Belt, 6th Degree Requirements

Teacher Level: (SENSEI) – “Regional Leader of United States Ju-Jitsu Federation”

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

1. Be an Active Teacher & Leader of **USA JIU-JITSU** ®
2. Minimum age - 35 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
- 5. Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in grade requirement as Godan, 6 years.
Normal time in grade requirement as Godan, 6-8 years

Understand Advanced Theories of:

- Understand the "Way of Living", (suggested text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topic.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Expert demonstration & teaching skills in Ate Waza.

GERI WAZA - Kicking Techniques:

Expert demonstration & teaching skills in Geri Waza.

UKE WAZA - Blocking Techniques:

Expert demonstration & teaching skills in Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Able to point out all "targets" and know the correct methods of striking the target areas.)

Expert demonstration & teaching skills in Atemi Waza.

SHIME WAZA - Choking Techniques:

Expert demonstration & teaching skills in Shime Waza (& escapes).

OSAE WAZA - Holding Techniques:

Expert demonstration & teaching skills in Osae Waza (& escapes).

KANSETSU WAZA - Joint Locking Techniques:

Expert demonstration & teaching skills in Kansetsu Waza (& escapes).

NAGE WAZA - Throwing Techniques:

| | | |
|--------------------------------------|--------------------|------------------------------------|
| Large Outer Reaping Throw Counter | Osoto Gaeshi | oh-soh-toh gah-eh-shee |
| Large Inner Reaping Throw Counter | Ouchi Gaeshi | oh-oo-chee gah-eh-shee |
| Small Inner Reaping Throw Counter | Kouchi Gaeshi | koh-oo-chee gah-eh- shee |
| Hip Spring Counter | Hane Goshi Gaeshi | hah-neh goh-shee gah- eh-shee |
| Hip Sweep Counter | Harai Goshi Gaeshi | hah-rehee goh-shee gah- eh-shee |
| Inner Thigh Reaping Throw Counter | Uchi Mata Gaeshi | oo-chee mah-tah gah-eh- shee |

GOSHINJITSU - Self Defense Techniques:

(Demonstrate multiple self-defense techniques for each type of attack, "with form, speed & power". Each technique will include block, escapes or counter with take-down or throw & control hold or strike.

1. Improved ability in GOSHIN JITSU NO KATA
2. Working knowledge of KIME NO KATA

Black Belt, 7th Degree Requirements

Senior Teacher Level: (SENSEI) “Senior Regional Leader of United States Ju-Jitsu Federation”

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

Be an Active Senior Teacher & Leader of **USA JIU-JITSU** ®.

1. Minimum age - 40 years old.
2. Outstanding moral character.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in Grade requirement as Rokudan, 6 years.
7. Normal time in grade requirement as Rokudan, 8-10 years
8. Minimum age, 40 years old.

Understand Advanced Theories of:

Understand "Mastery of the Martial Way", (suggested text: Living The Martial Way by F.E. Morgan)

Write an essay (approx. 1000 words) on the above topics.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Senior Expert Instructor of Ate Waza.
2. Expert Skill in demonstrating all Ate Waza.

GERI WAZA - Kicking Techniques:

1. Senior Expert Instructor of Geri Waza.
2. Expert Skill in demonstrating all Geri Waza.

UKE WAZA - Blocking Techniques:

1. Senior Expert Instructor of Uke Waza.
2. Expert Skill in demonstrating all Uke Waza.

ATEMI WAZA - Vital Point Techniques:

1. Senior Expert Instructor of Atemi Waza.
2. Expert Skill in demonstrating all Atemi Waza.

SHIME WAZA - Choking Techniques:

1. Senior Expert Instructor of Shime Waza (& escapes).
2. Expert Skill in demonstrating all Shime Waza.

OSAE WAZA - Holding Techniques:

1. Senior Expert Instructor of Osae Waza (& escapes).
- Expert Skill in demonstrating all Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Senior Expert Instructor of Kansetsu Waza (& escapes).
- Expert Skill in demonstrating all Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

| | | |
|-----------------------------------|--------------------|-------------------------------------|
| 1. Scissors Throw | Kani Basami | kah-nee bah-sah mee |
| 2. One Leg Entanglement Throw | Kawazu Gake | kah-wah-zoo gah-kee |
| 3. Large Outside Winding Throw | Osoto Makikomi | oh-soh-toh mah-kee-koh- meh |
| 4. Inner Thigh Winding Throw | Uchi Mata Makikomi | oo-chee mah-tah mah- kee-koh-meh |
| 5. Hip Sweep Winding Throw | Harai Makikomi | hah-rahee mah-kee-koh- mee |

GOSHINJITSU - Self Defense Techniques:

1. Senior Teacher of all USJJF Goshinjitsu.
2. Improved ability of KIME NO KATA and all other USJJF Kata.

Black Belt, 8th Degree Requirements

Master Teacher Level: "National Leader of United States Ju-Jitsu Federation"

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

Minimum time in Grade Requirement as 7th Degree, 7 years.

Normal time in grade requirement as 7th Degree, 9-11 years
Minimum age, 50 years old

Black Belt, 9th Degree Requirements

"Grand Master": "International Leader of Jiu-Jitsu"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

Minimum time in Grade Requirement as 8th Degree, 8 years.
Normal time in grade requirement as 8th Degree, 12-14 years
Minimum age, 60 years old

Black Belt, 10th Degree Requirements

"Grand Master": "World Leader of Jiu-Jitsu"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

Minimum time in Grade Requirement as 9th Degree, 9 years.
Normal time in Grade Requirement as 9th Degree, 13-16 years
Minimum age, 70 years old.

Note: There are no technical requirements for these ranks. If the USJJF National Technical Committee does not have knowledge of the technical ability of the candidate in question, he or she may be required to demonstrate the requirements for Shichidan. The USJJF Board of Directors must approve all promotions to these ranks. **The primary requirements for 8th, 9th, and 10th Degree Black Belt are moral character and outstanding service to the USJJF and the American Martial Arts. These requirements should also be taken into consideration for promotion to 6th and 7th Degree.** Questions which the USJJF National Technical Committee will discuss regarding candidates for these very high ranks are:

Outstanding Moral Character. Is this person honest in word and deed? Does this person possess patience, compassion, courage, and all other virtues listed in the USJJF Character Development System?

Outstanding Service. Has this person made original contributions to the theory of Ju-Jitsu, or in teaching Jujutsu? Is this person actively teaching Jujutsu? **Is**

this person a Regional, National and or International Leader in representing the USJJF? How many articles, manuals or books on Jujutsu has this person written? What Leadership roles in USJJF and contributions to ju-jitsu has this person made?

Outstanding Loyalty to the USJJF. Does this person constantly support the USJJF with "**time, talent, & treasure**"? Can this person be counted on in public to stand up for the Mission Statements of the USJJF?

Does this person possess outstanding technique? Can he or she demonstrate all of the Rank Requirements of **USA JIU-JITSU** ®.

Note: Not all candidates will possess outstanding achievement in every area listed. Our Federation should be able to point to every Hachidan and higher rank and tell young people to model their actions and their character after these leaders.