

# The Bucks Kempo Syllabus

## January 2010

*With knowledge comes responsibility*

Adult belts	Junior Belts
8 <sup>th</sup> kyu = white belt	9 <sup>th</sup> kyu = white belt + mons 1→3
7 <sup>th</sup> kyu = yellow belt	8 <sup>th</sup> kyu = red + white stripe
6 <sup>th</sup> kyu = orange belt	7 <sup>th</sup> kyu = yellow + white stripe
5 <sup>th</sup> kyu = green belt	6 <sup>th</sup> kyu = orange + white stripe
4 <sup>th</sup> kyu = purple belt	5 <sup>th</sup> kyu = green + white stripe
3 <sup>rd</sup> kyu = blue belt	4 <sup>th</sup> kyu = purple + white stripe
2 <sup>nd</sup> kyu = brown	3 <sup>rd</sup> kyu = blue + white stripe
1 <sup>st</sup> kyu = brown+black stripe	

Junior 2<sup>nd</sup> Kyu, when ready, can grade to adult 1st kyu, then onwards to dan grading. Multiple gradings are possible at any level, at the discretion of the grading examiner(s).

Juniors may switch to the adults class and syllabus aged 14+ at Sensei's discretion, or automatically aged 16, and re-grade at any level they can pass.

### Junior 9<sup>th</sup> kyu mons (white + bars)

1 <sup>st</sup> mon	Attend at-least 5 sessions, tie own belt, show good dojo etiquette.
2 <sup>nd</sup> mon	Attend at-least 10 sessions, be able to breakfall left and right from crouch, defensive stance, open-hand striking to pads, know the club motto.
3 <sup>rd</sup> mon	Attend at-least 15 sessions, be able to demonstrate releases from simple wrist grabs, forward and backwards breakfalling from crouch, good spirit, kiai whilst striking.

### Junior 8<sup>th</sup> kyu (red + white stripe)

#### **Ukemi / breakfalling**

Demonstrate forwards, left, backwards breakfalling from standing.

#### **Nagewaza / Wide circle throws**

Japanese	English	Notes
O Goshi	Major hip throw	From randori position, against opponent of similar size.
O Soto Gari	Major outer reaping	

#### **Atemiwaza / striking techniques (from marching)**

Japanese	English	Notes
1. Oi Zuki	Lunge Punch	From Forward Stance / Zenkutsu Dachi
2. Age Uke	Rising Block	
3. Soto Ude Uke	Outside Forearm Block	
4. Mae-Geri	Front Snap Kick	From Fighting Stance/Kumite Dach

## 7<sup>th</sup>-5<sup>th</sup> kyu

Adult belts	Junior Belts
8 <sup>th</sup> kyu = white belt 7 <sup>th</sup> kyu = yellow belt 6 <sup>th</sup> kyu = orange belt 5 <sup>th</sup> kyu = green belt	9 <sup>th</sup> kyu = white belt + mons 1→3 8 <sup>th</sup> kyu = red + white stripe 7 <sup>th</sup> kyu = yellow + white stripe 6 <sup>th</sup> kyu = orange + white stripe 5 <sup>th</sup> kyu = green + white stripe
4 <sup>th</sup> kyu = purple belt 3 <sup>rd</sup> kyu = blue belt 2 <sup>nd</sup> kyu = brown belt	4 <sup>th</sup> kyu = purple + white stripe 3 <sup>rd</sup> kyu = blue + white stripe 2 <sup>nd</sup> kyu = brown + white stripe
1 <sup>st</sup> kyu = brown + black stripe	

### **Ukemi / breakfalling**

Yellow: demonstrate forward, left, right, backwards breakfalling from a variety of positions.  
 Orange: + rolls in each direction  
 Green: + over the belt breakfalling left and right, and extended forward rolls.

### **Atemiwaza / striking techniques**

*All of these are required at each grade, but at a higher standard at each successive grade;-*

Japanese	English	Notes
1. Oi Zuki	Lunge Punch	From Forward Stance / Zenkutsu Dachi
2. Age Uke	Rising Block	
3. Uchi Ude Uke	Inside Forearm Block	
4. Soto Ude Uke	Outside Forearm Block	
5. Shuto Uke	Knife Hand Block	Soft, from Backstance / Kokutsu Dachi
6. Mae-Geri	Front Snap Kick	From Fighting Stance/Kumite Dachi
7. Yoki Geri/Keage	Side Snap Kick	From Horse Stance/Kiba Dachi
8. Yoko Geri Kekomi	Side thrust kick.	From Horse Stance/Kiba Dachi
9. (Orange + only) Mawashi Geri	Roundhouse kick	To pad or bag.

For yellow and above techniques demonstrated by “marching”, for orange also 3-point sparring with counter, for green 5-point sparring with counter and excellent flow and positioning.

### **Self defence, deflection and blocking**

Yellow: Show the ability to correctly block or deflect straight and roundhouse punches  
 Orange: Show good ability to block or deflect straight, roundhouse and overhead strikes without warning of the nature of attack.  
 Green: Show good ability to block, avoid or deflect a variety of moderately fast strikes and kicks, without warning of the nature of attack, and with transition to good subsequent responses.

### **Releases or controls**

At-least one release per attack for yellow belt, two (including one control to lock or throw) for orange, three (all controls or throws) for green. From....

1. Single wrist grab.( Kata ta dori)

2. Opposite side wrist grab (Kata kosa dori)
3. Double wrist grab (two hands on one wrist) (Morote dori)
4. Double wrist grab (both hands) (Ryote dori)
5. Bearhug.
6. Gi/forward choke (Eri dori)

#### Nagewaza / Wide circle throws

Japanese	English	Notes
1. O Goshi	Major hip throw	From a mawashi-zuki attack
2. Ippon Seionage	Single shoulder throw	
3. O Soto Gari	Major outer reaping	
4. Koshi Garuma	Hip wheel	
5. Sukui Nage	Scoop throw	With pressure points at orange/green.
6. Yoko Wakare	Side separation	
7. Ude Kime Nage	Arm bar throw	

Three competent techniques for yellow, five for orange, all seven for green.

#### Small circle techniques (adults only)

Japanese	English	Notes
1. ----	Wrist lock throw	From age zuke or stab. This is <u>not</u> Kote Gaeshi.
2. ----	Index finger lock	
3. ----	Bent finger lock	

One competent technique for yellow, two for orange, all three for green.

#### Kansetsuwaza / Locks

Japanese	English	Notes
1. Kote Gatame	Basic wristlock	Not performed by juniors
2. Waki Gatame	Shoulder lock	
3. Ude Gatame	Arm lock	Transition from shoulder lock.
4. ---	Goose neck hold	
5. ---	Vertical wrist lock	
6. ---	Extended wrist lock	
7. ---	Bent elbow wrist lock	From extended wrist lock.
8. Ude hishigi juji gatame	Upper cross-arm armlock	

**Adults:** Three competent techniques for yellow, six for orange, eight for green plus 4 part armlock kata against resistance.

**Juniors:** Nothing for yellow (7<sup>th</sup> kyu), Ude hishigi juji gatame (orange / 6<sup>th</sup> kyu), +4 part armlock kata (green/ 5<sup>th</sup> kyu)

#### Shumewaza / Chokes

Japanese	English	Notes
1. Uri Hadaka Jime	Rear naked choke	Standing or on ground.
2. Ryote Jime	Double lapel choke.	
3. Kata juji jime	Cross double lapel choke.	

Adults: Not required for yellow, two techniques for orange, all three for green.

Juniors: Not to be carried out.

#### Flow drills

Five minutes, showing appropriate respect for the tori-uke relationship:

Yellow – chi sao (sticky hands) no strikes or legs.

Orange – chi sao (sticky hands) with strikes / locks, no legs

Green – chi sao (sticky hands) with strikes / locks / throw entries and use of legs for kicking and deflection..

**Kata**

9<sup>th</sup> – 7<sup>th</sup> kyu: None

6<sup>th</sup> kyu / orange belt: Bucks Kempo Orange Belt Kata

5<sup>th</sup> kyu: Heian Nidan Kata.

**7<sup>th</sup> → 5<sup>th</sup> Kyu Oral exam**

Discuss with your examiner, and show an appropriate understanding of: tori-uke relationship, chi, ki-ai, meridians and pressure points, transitional flow, hard and soft, avoiding head on collision of forces, mobility and stability, club motto.

**Additional for green belt (5<sup>th</sup> kyu) only**

- Demonstrate a warm-up consisting of at-least 6 warm-up exercises.
- Be able to teach any lower grade technique.
- Demonstrate a recovery from pressure point knockout.
- (Adults only) Demonstrate a simple shiatsu treatment for tension in the back.
- (Adults only) Demonstrate and describe at-least four appropriate pressure point uses within syllabus techniques.

Aiki  
Kempo JIU-JITSU

## 4<sup>th</sup> kyu grading syllabus in Aiki Kempo Jiu Jitsu

With knowledge comes responsibility

8 <sup>th</sup> kyu = white belt 7 <sup>th</sup> kyu = yellow belt 6 <sup>th</sup> kyu = orange belt 5 <sup>th</sup> kyu = green belt
4 <sup>th</sup> kyu = purple belt 3 <sup>rd</sup> kyu = blue belt 2 <sup>nd</sup> kyu = brown belt

Junior

4<sup>th</sup> kyu = purple + white stripe

1<sup>st</sup> kyu = brown + black stripe

### From lower syllabi

Demonstrate and be able to teach any techniques as required, to an appropriate standard, including use of transitional flow.

### Warmup

- Demonstrate a warmup with at-least 8 exercises.

### Kyushu / Pressure points (Adults only)

- Demonstrate and describe at-least six appropriate pressure point uses within syllabus techniques.

### Kobudowaza / Weapons techniques (Adults only)

- Demonstrate and deflect basic types of knife attack
- Take part in Eskrima single stick and 4-part stick drills

### Nagewaza / Wide circle throws

Japanese	English	Notes
1. Tsuru Komi Ashi	Body drop	From randori position, appropriate variant to kempo.
2. Ude Kime Nage	Arm Bar throw	Show excellent control and use of pressure points within technique.
3. Tenkan Nage	Turning throw	Variety of entries.

+ any lower grade throws, all either for demonstration or against resistance.

### Kansetsuwaza / Locks

Japanese	English	Notes
1. Kote Gaeshi	Circling wrist	Show variations: lock, take-down, throw with appropriate care for uke.
2. -	Back shoulder lock	
3. -	Chicken wing	

### Shumewaza / Chokes (Adults only)

Japanese	English	Notes
1.	Bent index finger choke	In front
2.	Small circle naked choke	From behind
3. Hiji Jimi	Elbow choke	On ground

**Flow drills**

- Five minutes, groundwork flow drill.
- Five minutes, continuous spacing with partner, kicking.

**Kata**

Demonstrate the naihanchi kata, explain practical applications for the main parts.

**Shiatsu (Adults only)**

- Demonstrate a treatment for a shoulder or arm problem.
- Explain basic principles of shiatsu treatment.

**4<sup>th</sup> Kyu Oral exam**

Describe (generally) numbers, pattern and use of meridians, vessels and pressure points; use and reversal of rotation in techniques, reversal of flow in techniques; focussing to the smallest point; balance control; compounding of locks; yin and yang; use of kata in training.

Aiki  
Kempo Jiu-Jitsu

## 3<sup>rd</sup> kyu grading syllabus in Aiki Kempo Jiu Jitsu

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3 <sup>rd</sup> kyu = blue belt
2 <sup>nd</sup> kyu = brown belt

Junior

3<sup>rd</sup> kyu = blue +white stripe

1<sup>st</sup> kyu = brown + black stripe

### **From lower syllabi**

Demonstrate and be able to teach any techniques as required, to an appropriate standard, including use of transitional flow, and from a variety of moderately fast random attacks.

### **Kyushu / Pressure points (Adults only)**

Demonstrate and describe at-least ten appropriate pressure point uses within syllabus techniques.

### **Kobudowaza / Weapons techniques (adults)**

Develop and demonstrate two weapons drills, any choice of weapon, one solo and one with a partner.

### **Kata (Juniors)**

Develop and demonstrate two flow drills, one solo and one with a partner.

### **Nagewaza / Wide circle throws**

Demonstrate and name at-least 12 different wide circle throws, incorporating appropriate striking (and for adults only use of pressure points) within the throw.

### **Kansetsuwaza / Locks**

Demonstrate at-least six good locking techniques from a variety of attacks.

### **Flow drills**

Five minutes, high quality groundwork flow drill.

Five minutes, high quality sticky hands.

### **Kata**

Demonstrate all of the lower grade kata, with explanation of their applications and use of flow and stance.

### **Shiatsu (Adults only)**

- Demonstrate a treatment for a shoulder or arm problem.
- Explain basic principles of shiatsu treatment.

### **3<sup>rd</sup> Kyu Oral exam**

Discuss appropriately: tori:uke relationship, the main meridians, the vessels, pressure points, transitional flow, chi, hard versus soft, mobility and stability, principles of striking, yin and yang.

## 2<sup>nd</sup> kyu grading syllabus in Aiki Kempo Jiu Jitsu

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Junior

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3 <sup>rd</sup> kyu = blue belt
2 <sup>nd</sup> kyu = brown belt

2<sup>nd</sup> kyu = brown +white stripe

1<sup>st</sup> kyu = brown + black stripe

### **From lower syllabi**

Demonstrate and be able to teach any techniques as required, to an appropriate standard, including use of transitional flow, and from a variety of fast-random attacks.

### **Kyushu / Pressure points (Adults only)**

Demonstrate and describe at-least fifteen appropriate pressure point techniques from a variety of attacks.

### **Kata**

Develop, demonstrate, a kata of appropriate length.

### **Nagewaza / Wide circle throws**

Demonstrate and name at-least 15 different wide circle throws, incorporating appropriate striking (and for adults only use of pressure points) within the throw.

### **Kansetsuwaza / Locks**

Demonstrate at-least eight good locking techniques from a variety of attacks, with good use of transitional flow.

### **Situation control and self defence**

- Demonstrate principles of de-escalation
- Demonstrate approaches to dealing with a multi-person attack.

### **Shiatsu (Adults only)**

- Be able to make conduct basic diagnosis and treatment of chi imbalances along the prime meridians.
- Explain basic principles of shiatsu treatment.

### **Teaching**

Teach a full class under supervision.

### **2<sup>nd</sup> Kyu Oral exam**

Discuss appropriately: tori:uke relationship, the main meridians, the vessels, pressure points, transitional flow, chi, hard versus soft, mobility and stability, principles of striking, yin and yang, selection of technique, kyo and jitsu (within both fighting and healing), integration of healing and fighting techniques within our style of Kempo, use and purposes of kata.

## 1<sup>st</sup> kyu grading syllabus in Aiki Kempo Jiu Jitsu

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2 <sup>nd</sup> kyu = brown belt
1 <sup>st</sup> kyu = brown + black stripe

The first kyu grading will be conducted by a panel of dan grade examiners. The student should present themselves as well prepared as possible. They will be assessed on their overall development as a martial artist and their total range of techniques, teaching and healing ability.

The standard and syllabus are the same for senior and junior grades. Students who have progressed through the junior grade structure will have to show senior level maturity, and to learn and pass a “pre-grading” covering the adult sections of healing, weapons and pressure point work.

The successful candidate will be referred to as “Shodan Ho”.

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