

# Bushido Bristol - Goshin Jitsu Grading Syllabus

Version 5 - July 09



Sensei Steve Chappell 3rd Dan Goshin Jitsu

Sensei Mark Davis 2nd Dan Goshin Jitsu

Sensei Alan Poyzer 2nd Dan Goshin Jitsu

Sensei Dave Porter 1st Dan Goshin Jitsu



## Foreword

Welcome to the Bushido Bristol grading syllabus, it has been specifically designed for use within the Bushido Bristol Ju-Jitsu / Self defence training structure.

Students will have to gain the required knowledge and techniques of the system, and will have to invest a considerable amount of time and dedication to training to advance through the syllabus.

The syllabus is split into two sections for each grade.

1. Techniques demonstrated in a pre practiced manner
2. The student will be put into situations and asked to defend themselves

The aim of this is to make sure they are gaining specific knowledge in section 1 and showing they are able to defend themselves and are able to adapt to any situation in section 2. This is the real essence of Goshin-Jitsu.

Tori executes the defence and Uke submits. Uke is the aggressor and Tori the demonstrator of the self defence method.

Where full defences are described in the syllabus it is presumed the attack is right handed unless otherwise specified. In reality it is essential that students can perform techniques right and left handed and defend against right and left handed attacks.

Also in detailing defences I have aimed to outline a fundamental technique as a guide for student and examiner. The aim was not to write a book.

I would also like to point out that techniques have been written using "him". This is to make life easy for me. This martial art is designed to be used by anyone regardless of gender and age.



## **Notes on Self Defence and the Law**

The aim of our system is to practice techniques to improve physical health, mental strength, social skills, and confidence. Despite many benefits to training in the Bushido Bristol Goshin Jitsu system ultimately we are also training to defend ourselves effectively against physical confrontation and intimidation. With this in mind it is important to take in to consideration the Law that governs and protects us within the society that we are all a part of.

The notes below are intended as discussion points and a general review of the law relating to self defence and cannot be relied upon in any particular case. Please seek professional legal advice to deal with any specific cases. Bushido Bristol or any of its instructors are in no way qualified to offer legal guidance.

In English Criminal Law, the defence of self defence provides for the right of people to act in a manner that would otherwise be unlawful in order to preserve the physical integrity of themselves or others.

The concept of defence exists in both common law and by statute. At common law the defence permits a person to use reasonable force to:

1. defend himself from attack
2. prevent an attack on another person
3. defend his property

The high ranking judge, Lord Griffith in applying the use of force to the question of self defence said "The common law has always recognised as one of these circumstances the right of a person to protect himself from attack and to act in defence of others if necessary to inflict violence on another in so doing. If no more force is used than is reasonable to repel the attack, such force is not unlawful and no crime is committed. Furthermore, a man about to be attacked does not have to wait for his assailant to strike the first blow or fire the first shot, circumstances may justify a pre-emptive strike."

In addition to the common law defence, section 3 (1) of the criminal (the statutory defence) provides that:

"A person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large."

### **Reasonable force**

A person can only use such force as is reasonable in all circumstances, and it is up to the jury to decide whether the force used was reasonable. It is a question of fact not law. The Jury must take into account such factors as the urgency of the situation, the ferocity of the attack, any other means open to the accused to defend himself such as retreating instead of using force and whether the accused defence had continued after the attack had ceased or the threat of attack had faded. Someone acting in self defence will often be doing so when faced suddenly with an attack or threatened attack. If, in the immediacy of the moment and without having time to weigh things to a nicety, the accused did what he honestly and instinctively thought was necessary, that is most potent evidence that the accused used only such force as was reasonably necessary. It is not always necessary for the accused to have been attacked first and in some circumstances he may act pre-emptively to prevent an attack.

### **Excessive force**

If the defendant used more than reasonable force to defend himself, then he has no defence based on self defence. This is an "all or nothing" defence. The defence either succeeds so as to result in an acquittal or it is disproved in which case as a defence it is rejected. Thus on a murder charge, a finding that the accused acted in self defence but used excessive force means that the defence has been disproved. It does not result in a lowering of the verdict to a manslaughter verdict. Of course, the verdict may be reduced on other grounds, such as provocation or lack of proof that the accused intended to kill or cause grievous bodily harm.

Notes from this section of the syllabus have been compiled using

Nutshells, Criminal Law Fifth Edition by Paul Dobson  
Criminal Law theory and doctrine Second Edition by AP Simester and GR Sullivan  
The Law Relating to Self Defence by Eric Baskind  
Wikipedia

Students interested in this topic can use the above sources to find out more.

This is a very in-depth subject and by no means do the above notes cover the topic in full. I have tried to highlight some important points for interest only.

## Bushido Bristol - Goshin Jitsu - Grading Syllabus



### Terminology

#### Japanese

#### English

Dachi	Stance
Dojo	Practice Hall
Eri	Collar
Gatame	To harden or tighten into position.
Gi	Suit
Goshin	Self Defence
Hachiji-Dachi	Natural Stance
Ha-Jime	Begin
Hidari	Left
Hiji	Elbow
Hishigi	Crush/Break/Dislocate
Hiza	Knee
Ju-Dachi	Free Fighting Stance
Kansetsu-Waza	Joint Manipulation Technique
Keri (Geri)-Waza	Kicking Techniques
Kusushi	Breaking Balance
Kyusho-Waza	Pressure Point Techniques
Mae	Front
Maitta	I Submit
Matte	Stop
Migi	Right
Mon	Badge
Nage-Waza	Throwing Techniques
Ne-Waza	Ground Work
Obi	Belt
O-Sae-Komi-Waza	Holding Techniques
Randori	Free Practice
Sensei	Teacher
Shime-Waza	Strangulation Techniques
Sode	Sleeve
Tachi-Rei	Standing Bow
Tatami	Mat Area
Tori	Taker (the demonstrator of the Self Defence method)
Tsuki-Waza	Punching Technique
Uke	Receiver (the aggressor)
Ukemi-Waza	Break falls
Uke-Waza	Blocking Techniques
Ushiro	Rear
Waza	Technique
Yoko	Side
Za-Rei	Kneeling Bow
Zori	Slippers

## **Atemi-Waza**

Choku-Tsuki  
Chudan-Tsuki  
Gyaku-Tsuki  
Jodan-Tsuki  
Kizami-Tsuki  
Mawashi-Tsuki  
Teisho-Tsuki  
Ura-Tsuki

Fumikomi  
Hiza-Geri  
Keage-Geri  
Kin-Geri  
Mae-Gari  
Mae-Geri-Keage  
Mae-Geri-Kekomi  
Mawashi-Geri  
Ushiro-Geri  
Yoko-Geri  
Kakoto-Geri

Empi-Uchi  
Sho-Men-Uchi  
Shuto-Uchi  
Uraken-Uchi  
Yoko-Men-Uchi  
Haito-Uchi

## **Ukemi Waza**

Mae Jenpo  
Ushiro Jenpo  
Ushiro Ukemi  
Migi Yoko Ukemi  
Hidari Yoko Ukemi  
Mae Jenpo  
Hidari Jenpo Kaiten Ukemi  
Migi Jenpo Keiten Ukemi

## **Striking Techniques**

Straight Punch  
Punch to Midsection  
Reverse Punch  
Punch to Head  
Jab Punch  
Roundhouse Punch, Hook Punch  
Palm Heel Thrust  
Close Punch, Uppercut

Stamping Kick  
Knee Kick  
Snap Kick  
Groin Kick  
Front Kick  
Front Snap Kick  
Front Thrust Kick  
Roundhouse Kick  
Back Kick  
Side Kick  
Axe Kick

Elbow Strike  
Knife Hand Strike to Front of Head  
Knife Hand Strike  
Back Fist Strike  
Knife Hand Strike to Side of Head  
Ridge Hand

## **Breakfalls**

Forward Roll  
Backward Roll  
Backward Breakfall  
Right Side Breakfall  
Left Side Breakfall  
Front Breakfall  
Left Rolling Breakfall  
Right Side Breakfall

**List of Techniques in Syllabus  
Japanese**

Ashi-Gatame  
Ashi-Hishigi  
Ashi-Kubi-Hineri  
Ashi-Kubi-Hishigi  
Atama-Hishigi  
Gyaku-Kubi-Hishigi  
Hadaka-Jime  
Hane-Goshi  
Hara-Gatame  
Harai-Goshi  
Hiji-Makikomi  
Hiji-O-Toshi  
Hiza-Hishigi-Garami  
Hiza-Hishigi-Gatame  
Ippon-Seoi-Nage  
Juji-Gatame  
Kani-Basami  
Kata-Gatame  
Kata-Guruma  
Katsugi-Gatame  
Kote-Dori  
Kote-Gaeshi  
Kote-Hineri  
Kote-Mawashi  
Kubi Nage  
Kubi-Hishigi  
Kujuki-Tai-Oshi  
Morote-Gari  
O-Goshi  
O-Soto-Gari  
Ryo-Hiza-Gatame  
Sankaku-Jime  
Seoi-O-Toshi  
Soto-Ippon-Seoi-Nage  
Sukui-Nage  
Sumi-Gaeshi  
Tai-O-Toshi  
Tani-O-Toshi  
Tawara-Gaeshi  
Te-Guruma  
Tomoe-Nage  
Ude-Garami  
Ude-Gatame  
Ude-Sankaku-Jime  
Ura-Kote  
Ushiro-Jime  
Ushiro-Morote-Gari  
Waki-Gatame  
Yama-Arashi  
Yubi-Gatame

**English**

Armlock With Leg  
Leg Crush  
Ankle Twist  
Ankle Crush  
Head Crush  
Reverse Neck Crush  
Naked Strangle  
Spring Hip Throw  
Stomach Armlock  
Sweeping Hip Throw  
Elbow Winding Throw  
Elbow Drop  
Knee Crush Entanglement  
Straight Knee Lock  
One Armed Shoulder Throw  
Cross Armlock  
Scissors Throw  
Shoulder Hold  
Shoulder Throw  
Shoulder Carry Lock  
Wrist Trap  
Wrist Folding Throw  
Wrist Twist (Sankyo)  
Wrist Turn (Nikyo)  
Neck Throw  
Neck Crush  
Dead Tree Drop  
Two Armed Clip  
Major Hip Throw  
Major Outer Reap  
Double Knee Armlock  
Triangular Strangle  
Shoulder Drop  
Outer One Armed Shoulder Throw  
Scooping Throw  
Corner Throw  
Body Drop  
Valley Drop  
Bale Throw  
Hand Wheel  
Stomach Throw  
Entangled Armlock  
Straight Armlock  
Arm Triangle Strangle  
Reverse Wrist  
Naked Strangle  
Reverse Two Armed Clip  
Armpit Hold  
Mountain Storm Throw  
Straight Finger Lock

Atama Ate	Head Butt
Eri-Dori	Collar Grab
Furioroshi	Downward Strike (With Weapon)
Furitsuke	Slashing (With Knife)
Gatame	Bar Choke
Katate-Dori	Same Side Wrist Grab
Kizami-Tsuki	Jab To Face (With Knife)
Kubi-Tsuki	Neck Thrust
Royote-Dori	Both Hands Held From The Front
Ryo-Eri-Dori	Double Lapel Grab
Ryote-Kubi-Jime	Front Double Hand Strangle
Ryote-Osaekomii	Front Bear Hug, Arms Free
Ryote-Waki-Osaekomi	Front Bear Hug Arms Pinned
Ushiro-Hagai-Tori	Full Nelson
Ushiro-Ryote-Kubi-Jime	Rear Double Hand Strangle
Ushiro-Ryote-Osaekomi	Rear Bear Hug Arms Free
Ushiro-Ryote-Waki-Osaekomi	Rear Bear Hug Arms Pinned



Syllabus Guide Sheet

Standard	Taisabaki Body Movement	Kamae Posture	Atemei Waza Striking Techniques	Zanshin Awareness	Hen-Ou Adaptability	Sen Timing
6 <sup>th</sup> Kyu  White Belt	Basic exercise movement	Basic Posture	Basic understanding of striking techniques	Understands the need for awareness	Student can use simple techniques to defend themselves	
5 <sup>th</sup> Kyu  Yellow Belt	Basic controlled exercise movement	Basic Understanding of own balance	Has understanding of basic Atemi points and can control basic Atemi Waza	Basic Awareness	Student is showing signs of adapting techniques to their own physiology	
4 <sup>th</sup> Kyu Orange Belt	Well controlled exercise movement	Beginning of straight back & good centre	Shows good control and is developing power into Atemi Waza	Developing understanding of awareness	Is able to use more than one technique for simple attacks	
3 <sup>rd</sup> Kyu  Green Belt	Basic flow in technique	Straight back and good centre	Can control Atemi Waza to multiple targets	Good awareness	Can select the appropriate techniques	Understanding of timing
2 <sup>nd</sup> Kyu  Blue Belt	Good flow in technique	Natural posture held throughout the technique	Is busy with Atemi Waza	Shows awareness at all times	Can call on a range of techniques and adapt them to different situations	Co-ordinated timing
1 <sup>st</sup> Kyu Brown Belt	Natural flow in technique	Lowered natural posture	Full control at all times and can strike to Atemi points as required	Fully aware	Is able to adapt to any situation and use the most efficient techniques	Taking initiative from attack
Sho Dan Black Belt	Excellent understanding of all aspects above					



**6th Kyu White Belt**

Demonstration of the following Ukemi-Waza finishing in Ju-Dachi (Free Fighting Stance).

**Ukemi Waza**

**Breakfalls**

Mae Jenpo	Forward Roll
Ushiro Jenpo	Backward Roll
Ushiro Ukemi	Backward Breakfall
Migi Yoko Ukemi	Right Side Breakfall
Hidari Yoko Ukemi	Left Side Breakfall
Mae Jenpo	Front Breakfall
Hidari Jenpo Kaiten Ukemi	Left Rolling Breakfall
Migi Jenpo Keiten Ukemi	Right Side Breakfall

Controlled demonstration of the following Atemi Waza to recognised Atemi Points on a static opponent who is in Hachiji-Dachi (Natural Stance).

This should be followed by a demonstration of the Uke-Waza (blocks) to each of the highlighted Atemi Waza in accordance with this discipline. Performed Migie and Hidari (right and left)

**Atemi-Waza**

**Striking Techniques**

**Chudan-Tsuki**

Gyaku-Tsuki

**Jodan-Tsuki**

Kizami-Tsuki

**Mawashi-Tsuki**

Teisho-Tsuki

**Ura-Tsuki**

Hiza-Geri

Keage-Geri

**Kin-Geri**

Mae-Geri

**Mawashi-Geri**

Ushiro-Geri

**Yoko-Geri**

Empi-Uchi

Sho-Men-Uchi

Shuto-Uchi

Uraken-Uchi

Yoko-Men-Uchi

**Straight Punch to Midsection**

Reverse Punch

**Straight Punch to Head**

Jab Punch

**Roundhouse Punch, Hook Punch**

Palm Heel Thrust

**Close Punch, Uppercut**

Knee Kick

Snap Kick

**Groin Kick**

Front Kick

**Roundhouse Kick**

Back Kick

**Side Kick**

Elbow Strike

Knife Hand Strike to Front of Head

Knife Hand Strike

Back Fist Strike

Knife Hand Strike to Side of Head

## Bushido Bristol - Goshin Jitsu - Syllabus

### 6th Kyu White Belt

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

#### Uke - Shomen-Uchi (downward blow)

**Tori** - Moves outside and off the line of attack with the left foot whilst using the right arm to deflect the blow. Uke's momentum carries his weight forward as he has missed his target.

Tori delivers **Hiza-Geri** (knee kick) to the lower ribs or solar plexus.

With Uke now doubled over or dropped to the floor Tori follows up with **Empi-Uchi** (elbow strike) to the back of Uke's neck or **Fumikomi** (stamping kick) if they have dropped to the floor.

2

#### Uke - Mawashi-Tsuki (roundhouse punch)

**Tori** - Dynamically moves towards the punch to block the attack as early as possible. At the same time he delivers **Teisho-Tsuke** (palm heel thrust) to Uke's shoulder and then takes hold.

This movement is to break Uke's posture to the back left corner.

Tori now has his left hand on Uke's right shoulder and delivers **Empi-Uchi** (elbow strike) to Uke's jaw just before throwing Uke with **O-Soto-Gari** (major outer reap).

Tori now performs **Fumikomi** (stamping kick) to an appropriate target.

3

#### Uke - Jodan-Tsuke (straight punch to head)

**Tori** - Blocks the punch with his left hand and moves diagonally forward off the attacking line.

At the same time as blocking/evading Tori delivers an **Empi-Uchi** (elbow strike) to Uke's lower ribs.

Tori now takes control of Uke's right shoulder as he strikes the side of Uke's Knee (back of the knee in practice) with **Yoko-Geri** to drop Uke to his knees. Tori then pulls back Uke's head and strikes to the exposed throat with **Shuto-Uchi** (knife hand strike).

Tori finishes by performing **Hadaka-Jime** (naked strangle) and stepping backwards to take Uke's posture and to hang him on the strangle.

4

#### Uke - Ura-Tsuke (uppercut)

**Tori** - Moves off the attacking line by pivoting on his left foot and moving his right leg outwards in a circular motion. At the same time he drops his left arm down to block the rising of Uke's uppercut. As he blocks Tori delivers **Teisho-Tsuke** (palm heel thrust) to Uke's right ear.

Tori now takes Uke's right hand and applies **Kote-Gaeshi** (wrist folding throw) as he pivots on his right foot and turns his left leg out in a circular motion.

5

#### Uke - Ryote-Kubi-Jime - (Two handed front strangle)

**Tori** - steps back to correct his posture and slaps Uke across the face at the same time to distract him. Tori's right hand continues with the momentum of the slap and takes hold of Uke's right hand. Tori turns Uke's wrist over and applies **Ura-Kote** (reverse wrist).

The wrist lock and moving towards the kuzushi (balance breaking point) causes Uke to bend forward allowing Tori to strike Uke's head with **Mae-Geri** (front kick).

Tori uses the wrist lock to take Uke to the floor on his front.

Tori finishes by raising Uke's arm vertically and putting his knee into Uke's shoulder to pin him to the floor, giving a stable position to control Uke with **Ura-Kote** (reverse wrist)

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **6th Kyu White Belt**

The student will be asked to defend themselves against the following attacks.

Strikes to the head, attacks will be

Downward Blows  
Side Blows  
Straight Punches  
Uppercut

Strikes to the torso, attacks will be

Straight Punches  
Uppercut  
Knife Hand (to collarbone)

Defence against front and rear strangulations  
Defence against front and rear bear hugs (with and without arms pinned)  
Defence against single-handed wrist grab (same side and cross)

## **Bushido Bristol - Goshin Jitsu - Syllabus**



### **5th Kyu Yellow Belt**

All previous plus

A demonstration of basic Kyusho-Waza (pressure point techniques)

A demonstration of Uke-Waza (blocks) to Uchi-Waza (punches) and Keri-Waza (kicks) with a single Atemi counter.

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

#### **Uke - Ryote-Dori (both hands held from the front)**

**Tori** - Breaks Uke's posture by moving slightly away before Uke takes hold. Tori then strikes Uke with **Kin-Geri** (groin kick). Tori now takes Uke's right wrist with his left hand and pivoting on his left foot and moving his right leg outwards in a semi circle he brings his elbow over the top of Uke's arm trapping it under his left armpit. Tori applies **Waki-Gatame** (armpit hold). Uke is taken to the floor in this position as Tori slides his left leg forward and sits on the floor.

2

#### **Uke - Kin-Geri (groin kick)**

**Tori** - Moves off the attacking line by pivoting on his left foot and moving his right leg in a quarter circle. Tori uses his left fore arm to slightly delay Uke's foot from returning to the floor and making him overstep. Tori kicks using **Kin Geri** (groin kick) with his left shin before Uke can return his foot to the floor. If Uke is still standing Tori strikes Uke in the kidneys using both hands **Teisho-Tsuke** (palm heel thrust). If Uke has dropped to his knees Tori uses **Fumikomi** (stamping kick) to Uke's Achilles tendon. If Uke has collapsed to the floor Tori performs **Fumikomi** (stamping kick) to an appropriate target.

3

#### **Uke - Migi-Eri-Dori, Mawashi-Tsuki (right handed collar grab and roundhouse punch)**

**Tori** - Moves towards the punch blocking with his right arm at the same time as controlling Uke's right hand with his left hand. Tori delivers **Empi-Uchi** (elbow strike) to Uke's head using his right elbow and continues the movement by taking his right arm under Uke's right arm and applies **Ude-Garami** (entangled arm lock). This takes Uke to the floor where he is controlled with the same technique.

4

#### **Uke - Migi Katatedori, Mawashi-Tsuke (right grab to left wrist and roundhouse punch)**

**Tori** - Moves towards the punch blocking with his right arm. Tori delivers **Shuto-Uchi** (knife hand strike) to Uke's neck whilst rotating his left hand to take control of Uke's right wrist. Tori uses his right fore arm to apply **Ude-Gatame** (straight arm lock) levering Uke around onto his back and thrown with **Ippon-Seoi-Nage** (one arm shoulder throw). Tori drops his knees onto Uke's neck and ribs and applies **Kote-Dori** (wrist trap)

5

#### **Uke - Ryo-Eri-Dori, Atama Ate (double lapel grab and head butt)**

**Tori** - Uses his right elbow to defend the head butt whilst moving either forward or backwards depending on how hard Uke is pulling to present a side profile. Tori strikes Uke in the neck with his right hand **Shuto-Uchi** (knife hand strike). Tori takes Uke's right wrist and applies **Kote Mawashi** (wrist turn).

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **5th Kyu Yellow Belt**

The student will be asked to defend themselves against the following attacks.

- Defend against standing kicking attacks
- Defend against attacks whilst lapels are held
- Defend against strikes whilst the wrist or sleeve is held
- Defend against wrists being held front and rear
- Defend against hair pulls front and rear (option)



**4th Kyu - Orange Belt**

A demonstration of **Uke-Waza** (blocks) to Kosh attacks with a single Atemi counter.

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

**Uke - Hidari-Eri-Dori, Gatame (left handed lapel grab and bar choke) against a wall**

**Tori** - Delivers **Hiza-Geri** (knee kick) to Uke's groin. Tori then uses his right hand to pull Uke's left elbow into his body and uses his left hand to sharply raise Uke's right elbow as he moves in a circular movement to his left. This allows Tori to project Uke into the wall using **Hiji-O-Toshi** (elbow drop). Tori now takes Uke's head and turns it to the side so he can strike with **Hiza-Geri** (knee kick).

2

**Uke - Ryote-Kubi-Jime (front double handed strangle). To be applied whilst Tori is on the floor on his back and from between his legs.**

**Tori** - Has a choice of **Atemi Waza** (striking techniques) and/or **Kyusho-Waza** (pressure point techniques) from pinching the back of Uke's arms to clapping his ears with cupped hands. This will be determined by the attack and the physiology of Tori and Uke.

Tori then slides his left hand across Uke's neck and right hand between Uke's legs to allow him to turn and swing his left leg around Uke's head and roll him out into **Juji-Gatame** (cross arm lock). After breaking the arm (or gaining a submission in practice) Tori moves his right foot underneath Tori's head. Using his left leg to push up off the floor and his right leg to manoeuvre Uke over Tori's right shoulder and onto his front. Tori rolls onto his knees keeping Uke in the arm lock and can then move out and into a standing position.

3

**Uke - Ushiro-Hagai-Tori (full nelson)**

**Tori** - Delivers **Fumikomi** (Stamping Kick) down Uke' shin and onto his foot.

Tori then squeezes Uke's interlocked fingers together so he can apply **Yubi-Gatame** (straight finger lock). Tori peels Uke's finger away from his head and as he turns to face Uke he moves Uke's elbow into the crook of his arm to support the lock and takes Uke to the floor.

4

**Uke - Kin Geri (groin kick) whilst Tori is on the floor on his back**

**Tori** - Blocks Uke's right footed kick with his left shin at the same time as delivering **Mae-Geri** (front kick) to Uke's knee. Tori now uses **Kakoto-Geri** (axe kick) to the outside of Uke's knee to drop him to the floor. Tori now rolls into **Hiza-Hishigi-Garami** (knee crush entanglement).

5

**Uke - Jodan-Tsuki (straight punch to head)**

**Tori** - Moves diagonally forward with is left foot using his left hand to guide the punch past his head. At the same time as evading the punch Tori strikes Uke to the side of his neck with **Haito-Uchi** (ridge hand strike). Tori pushes Uke's hips through to take him off balance and applies **Ushiro-Jime** (naked strangle). Tori takes uke to the floor and controls him with **Kata-Gatame** (shoulder hold).

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **4th Kyu - Orange Belt**

The student will be asked to defend themselves against the following attacks.

Defence against being pinned or strangled

1. Against a wall
2. On the floor

Defence against side headlock with a strike to the face

Defence against full nelson hold

Defence against kicks and stamps whilst on the floor

Defence against predetermined attacks finishing with control techniques

The student will be required to demonstrate the following **Nage-Waza** (throwing techniques)

Japanese

English

**O-Goshi**

Major hip throw

**Kubi-Nage**

Neck throw

**Harai-Goshi**

Sweeping hip throw

**Tai-O-Toshi**

Body Drop

## Bushido Bristol - Goshin Jitsu - Syllabus



### 3rd Kyu Green Belt

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

#### Uke - with cosh Furioroshi (downward strike)

**Tori** - Moves inside the downward blow guiding it past with his left hand and pushing Uke's arm in front of his body. Tori Controls Uke's wrist he brings the arm sharply down onto his left shoulder. **Katsugi-Gatame** (shoulder carry lock).

Tori takes control of the cosh and throws Uke with

**Soto-Ippon-Seoi-Nage** (outer one armed shoulder throw)

2

#### Uke - with cosh Yoko-Men-Uchi (strike to the side of the head)

**Tori** - Moves diagonally towards the strike with his left foot, blocking with his left arm.

At the same time as blocking Tori strikes Uke's bicep with his right hand **Shuto-Uchi** (knife hand) then strikes Uke's triceps **Haito-Uchi** (ridge hand) followed by **Empi Uchi** (elbow strike) to the ribs.

Tori has control of Uke's wrist with his left hand and levers the cosh out of his hand.

Tori uses the cosh behind Uke's arm and under his chin to lever him to the floor.

3

#### Uke - with cosh Chudan-Tsuke (thrust to midsection)

**Tori** - Pivots on his left foot and moves his right foot outwards in a quarter turn avoiding the attack.

Tori controls Uke's right wrist as it passes his left hip and punches the back of Uke's hand.

Tori strikes Uke's right knee with **Yoko-Geri** (side kick) and then moves first his right foot and then turns his left foot outwards in a circle he performs **Kote-Gaeshi** (wrist fold).

Tori keeps control of Uke's wrist with his left hand and applies pressure to his elbow with his right hand as he moves around Uke's head to turn Uke onto his front. Tori applies **Ashi-Gatame** (arm lock with leg) and takes the cosh.

4

#### Uke - Ryo-Eri--Dori, Hiza-Geri (two handed lapel grab and knee kick)

**Tori** - reaches across with his right hand to Uke's right elbow to collapse his arm as he turns off the attacking line by pivoting on his left foot and turns his right foot in a quarter circle. Tori reaches around Uke's neck and turns his head outwards by pulling his jaw.

The combined movement avoids the knee kick attack and takes Uke off balance.

Tori steps backwards and delivers **Hiza-Geri** (knee kick) to the base of Uke's spine.

Keeping Uke in contact Tori slides Uke down his body to the floor and applies **Kubi-Hishigi** (neck crush).

5

#### Uke - Mawashi-Tsuke (roundhouse punch)

**Tori** - moves with the punch blocking with his left hand and striking Uke's neck with his right hand

**Shuto-Uchi** (knife hand strike). Tori secures Uke's wrist with his left hand and delivers

**Empi-Uchi** (elbow strike) to Uke's right temple. Tori wraps Ukes arm behind his back and circles his neck with his right arm to apply **Gyaku-Kubi-Hishigi** (reverse neck crush).

Tori delivers **Hiza-Geri** (knee kick) and circles his right arm to project Uke's body away.

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **3rd Kyu Green Belt**

The student will be required to demonstrate the following **Nage-Waza** (throwing techniques)

Japanese	English
<b>Seoi-O-Toshi</b>	Shoulder Drop
<b>Yama-Arashi</b>	Mountain Storm Throw
<b>Hane-Goshi</b>	Spring Hip Throw

The student will be asked to defend themselves against the following attacks.

Defence against cosh attacks

Defence against close quarter attacks

- 1 Head butt
- 2 Knee
- 3 Elbow

Defence against striking combination attacks

Take a line up - predetermined attacks

Defence against two person attacks, one restraining whilst other delivers strike

3 ne-waza shiai (groundwork contests)



**2nd Kyu Blue Belt**

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

**Uke - Tsukkomi (thrust to stomach with knife)**

**Tori** - Pivots on his left foot and turns his right foot in a half circle to move of the attacking line and avoid the knife thrust. Tori takes control of Uke's right wrist with his left hand and levers Uke's arm against his hip to project Uke forward and off balance.

Tori turns Uke's wrist holding the knife back towards Uke and punches him with **Jodan-Tsuki** (straight punch to head). Tori now uses his right hand to apply **Kote-Gaeshi** (wrist folding throw). as he moves his left foot in a semi circle. Tori uses his left shin as a fulcrum against Uke's elbow to turn him onto his front and kneels on the elbow to control the arm and take the knife.

2

**Uke - Furitsuke (Slashing attacks to face with knife)**

**Tori** - steps back to avoid the first slash and back in to block the backhand slash.

Tori blocks against Uke's elbow with his left arm and simultaneously uses is right arm against Uke's wrist to break the arm. Tori now controls Uke's wrist with his right hand and pulls his arm forward and down across his stomach as he circles his neck with his left hand to apply **Hara-Gatame** (stomach arm lock).

3

**Uke - Kizami-Tsuke (jab to face with knife)**

**Tori** - Uses his right hand to guard his face as he moves diagonally forward with his left foot. Tori's right hand stays in contact with Uke's wrist has he puts his left arm into the crook of Uke's right arm and uses it to roll the arm into **Kote-Dori** (wrist trap) and projects the knife tip back towards Uke. Tori takes Uke to the floor in this position and drops one knee onto Uke's neck and the other onto Uke's ribs either side of the wrist lock. Tori uses the lock to take away the knife.

4

**Uke - Furioroshi (downward strike with knife blade pointing downwards)**

**Tori** - moves outside the downward blow and uses his right hand to guide the knife into Uke's groin or thigh.

5

**Uke - Eri-Dori, Kubi-Tsuki (lapel grab and neck thrust with knife)**

**Tori** - Raises his hands in an act of submission then pins the knife hand to his body. With his other hand he strikes Uke in the groin. Tori applies **Ude-Garami** (entangled arm lock) to take Uke to the floor. Tori forces Uke's elbow to the floor and levers his fore arm outwards to release and take the knife.

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **2nd Kyu Blue Belt**

The student will be required to demonstrate the following **Nage-Waza** (throwing techniques)

Japanese

English

**Morote-Gari**

Two armed reap

**Kani-Basami**

Scissors Throw

**Tani-O-Toshi**

Valley Drop

The student will be asked to defend themselves against the following attacks.

Defence against knife attacks

Long range knife attacks

Slashing

Thrusting

Stabbing

Close range knife attacks

With lapel held

With one hand strangle

Whilst being pinned on the floor

Whilst being pinned against a wall

Take a line up

## Bushido Bristol - Goshin Jitsu - Syllabus



### 1st Kyu Brown Belt

The student will be required to demonstrate the following techniques in a pre practiced manner.

1

#### Uke - Mawashi-Geri (roundhouse kick aimed at mid section)

**Tori** - Moves in the direction the kick is travelling by stepping with his right foot and then turning his left foot outwards. Tori's left hand scoops up the kick whilst guarding his face with his right hand and striking Uke with **Empi-Uchi** (elbow strike).

Tori moves his right leg behind Uke's standing leg and throws with **Kujuki-Tai-Oshi** (dead tree drop).

Tori encircles Uke's right leg with his arm to raise the lower half of Uke's body off the floor.

Tori pivots on his left foot turning his right leg outwards in a semi circle with the purpose of tuning Uke onto his front. Tori puts his knee at the base of Uke's spine and applies **Ashi-Hishigi** (leg crush)

2

#### Uke - Jodan-Tsuki (straight punch to head)

**Tori** - Evades the punch by moving diagonally forward with his left foot and guarding his head with his right hand and keeping his left hand in a guard position. Tori Strikes Uke in the ribs with right **Empi-Uchi** (elbow strike) and then clips Uke's feet away with **Ushiro-Morote-Gari** (reverse two armed clip). Tori executes **Kin-Geri** (groin kick) with his left shin.

Tori encircles Uke's right leg with his own right leg and performs **Hiza-Hishigi-Garami** (knee crush entanglement)

3

#### Uke - Yoko-Men-Uchi (roundhouse punch)

**Tori** - Moves in the direction of the punch and strikes Uke's solar plexus with **Teisho-Tsuke** (palm heel thrust). Tori now clips Uke's feet away with Morote-Gari (two armed clip).

Tori delivers **Kin-Geri** (groin kick) and rolls his knee around Uke's leg and goes down onto his back on the floor next to Uke whilst keeping control of his leg and applying **Hiza-Hishigi-Gatame** (straight knee lock).

4

#### Uke - Ushiro-Ryote-Oseakomi (bear hug arms free)

**Tori** - Stamps down Uke's shin and onto the top of his foot **Fumikomi** (stamping kick).

Tori now attempts to strike at Uke with **Empi-Uchi** (elbow strike). As Uke lean away from the strike Tori reaches down with both hands to pull Uke's leg between his legs and dropping Uke on his back behind him. Tori quickly delivers **Fumikomi** (stamping kick) to Uke's groin.

As Tori steps over the leg he is controlling of Uke's he applies **Ashi-Kubi-Hineri** (ankle twist).

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **1st Kyu Brown Belt**

The student will be required to demonstrate the following **Nage-Waza** (throwing techniques)

Japanese	English
<b>Tomoe-Nage</b>	Stomach Throw
<b>Sumi-Gaeshi</b>	Corner Throw
<b>Tawara-Gaeshi</b>	Bale Throw

The student will have to demonstrate a good knowledge of **Atemi-Waza** (striking techniques) and **Kyusho-Waza** (pressure point techniques) - minimum 75

The student must teach a supervised lesson

The student will be asked to defend themselves against the following attacks.

Defence against three attackers

Two holding one delivering a strike

One holding two striking

Three striking

Defence from half circle attack

## Bushido Bristol - Goshin Jitsu - Syllabus



### Sho Dan Black Belt

The student must incorporate the following techniques into a defence

<b>Kata-Guruma</b>	Shoulder Wheel
<b>Sukui-Nage</b>	Scooping Throw
<b>Te-Guruma</b>	Hand Wheel
<b>Atama-Hishigi</b>	Head Crush
<b>Hiji-Makikomi</b>	Elbow Winding Throw
<b>Ude-Sankaku-Jime</b>	Arm Triangle Strangle
<b>Sankaku-Jime</b>	Triangular Strangle
<b>Ryo-Hiza-Gatame</b>	Double Knee Armlock
<b>Ashi-Kubi-Hishigi</b>	Ankle Crush
<b>Kote-Hineri</b>	Wrist Twist

The student will have to demonstrate an excellent knowledge of **Atemi-Waza** (striking techniques) and **Kyusho-Waza** (pressure point techniques) - minimum 100

The student will be asked to defend themselves against multiple attackers

Full Line up  
Full Circle  
Armed

The student will have to defend themselves against close range pistol attacks

Have an up to date first aid certificate  
Have obtained a grade in another martial art

Demonstrate Goshin Jitsu techniques in a kata form

## **Bushido Bristol - Goshin Jitsu - Syllabus**

### **Goshin Jitsu - Bushido Kata**

#### **Tachi Waza**

#### **Standing Techniques**

Mawashi-Tsuki	Roundhouse Punch
Sho-Men-Tsuki	Overhead Punch
Jodan-Tsuki	Straight Punch to Head
Hidari Kin-Geri	Left Groin Kick
Ura-Tsuki	Uppercut
Mawashi-Geri	Roundhouse Kick

#### **With Kosh**

Mawashi-Uchi	Roundhouse Strike
Chudan-Uchi	Strike to Mid Section

#### **With Knife**

Eri-Dori, Kubi-Tsuki	Lapel Grab and Neck Thrust
Furioroshi	Downward Blow with Knife Blade Pointing Downwards

#### **With Gun**

Shomen-Zuke	Pistol at Abdomen
-------------	-------------------

#### **Ne Waza**

#### **Ground work techniques**

Shomen-Geri	Kick to top of head
Mae-Geri	Front Kick to ribs
Kin-Geri	Groin Kick
Ryote-Kubi-Jime	Double Handed Strangle