

SENIOR BELT (WHITE)

1. First Kata of Blocks (11 moves)
2. Rolling Breakfalls (Front and Back)
3. Breaking a Back Strangle (2)
4. Breaking a Front Strangle (2)
5. Straight Arm Lock (Punch to Stomach)
6. Shoulder Lock (Punch to Stomach)
7. Defence against Head Chancery (2 – Left or Right)
8. Counter to single wrist grabs from the front (Either hand - Basic techniques)
9. Left Front Snap Kick followed by Right Front Snap Kick
10. Two Left Hand Punches to Face followed by Right Hand
11. Combination of above (No.12 and No.13 together)

Candidate must have Ronin (Sun) Badge before grading

Grades are awarded by the Founder (or his or her authorised representative) and the Technical Committee of RYR.

Grades and membership will be rescinded if the student leaves the association or brings it into disrepute.

SENIOR BELT (YELLOW)

1. First (Novice) Kata of blocks (24 Moves)
2. Breakfall Kata
3. Straight Arm Lock (From punch to face)
4. Bent Arm Lock (From Punch to face)
5. Rising X-Block with Roundhouse Kick to knee or higher
6. Shoulder Arm Lock (From Punch to face)
7. Three wrist locks from a push (Right or Left)
8. Wrist Throw with lock (From a push)
9. Defence against wrist grabs from the front (2 Left, 2 Right)
10. Downward X-Block from a Left-Handed Punch
11. Combination of Kicks to a high standard

(Front Snap Kick, Side Thrust Kick, Roundhouse Kick, to three opponents)

Student must have Ronin (Samurai) badge before grading

SENIOR

SENIOR BELT (ORANGE)

1. First Kata of Blocks (Complete)
2. Break Falls Kata
3. Body Drop (From a Back Strangle)
4. Leg Throw with Lock
5. Rising X-Block into Shoulder-Arm Lock
6. Rising X-Block, Roundhouse Kick to Knee (or higher), into Bent-Arm Lock
7. Cross Hock Throw (From a Front Strangle)
8. Counter to Straight-Arm Lock (2)
9. Escapes when held under the arms (1 Front, 1 Back)
10. Front Snap Kick Left and Right Leg
11. Side Thrust Kick " " " "
12. Roundhouse Kick " " " "

(All kicks to be performed from a punch)

Student must have BJJA(GB) Badge before grading

SENIOR

SENIOR BELT (GREEN)

1. Second Kata of Blocks (First 11 moves)
2. Break Fall Kata
3. Inside Hock from a Left-Handed Punch
4. Hip Throw with Strikes
5. Knee Wheel
6. Inside Hock
7. Escape when held under the arms (2 Front, 2 Back)
8. Defence against kicks to head whilst on the ground (Right kicks only)
9. Counters to Ground Strangles (4)
10. Escape from Half Nelson
11. Indian Death-Lock
12. Roundhouse kick to solar plexus with two elbow strikes to body
13. Defence against Hair Grab (Front and Back)
14. Defence against knife attacks (2)
15. Downward Inside Forearm Block – Attacking with a punch
16. Upward Inside Forearm Block “ “ “
17. Rising Block “ “ “
18. Left Hand Parry “ “ “

19. Back-Hammer Lock

SENIOR

SENIOR BELT (BLUE)

1. Second Kata of Blocks (First 20 moves)
2. Hip Throw with Shoulder-Arm Lock
3. Hip Throw with Cross-Over Arm Lock
4. Hip Throw with Hold-Down Double Arm Lock
5. Variations on holding down
6. Scissors and Naked Choke Hold
7. Stamp Throw
8. Outside Parry followed by a Roundhouse Kick, into Half Shoulder
9. Loin or Hip Wheel
10. Transitional Hip Throw (From a Left Handed Punch)
11. Falcon Lock
12. Downward Inside Forearm Block (with any follow-up technique)
13. Roundhouse Kick to solar plexus whilst walking
14. Sleeper Hold from a Head Chancery
15. Outside Forearm Block and Elbow to Ribs
16. Attacking and Defending Sweeping Loin
17. Kata of Kicks (Students own composition)

SENIOR

SENIOR BELT (PURPLE)

1. Second Kata of Blocks (Complete)
2. Counter to Back Arm and Collar Hold
3. Counter to Bar Choke
4. Roundhouse Kick to Kidneys
5. Upward and Rising Block (Left and Right Block)
6. Inside Forearm Block (Double Punch - Right & Left to face – any follow-up technique)
7. Front Snap Kick followed by a Side Kick
8. Full Shoulder
9. Head, Hip, and Knee, Throw
10. Side Thrust Kick (Left and Right)
11. Front Snap Kick (Left and Right)
12. Roundhouse Kick (Left and Right) - with any follow-up technique
13. Wedge Block
14. Variation on Shoulder Throws (Shoulder Wheel, Half Shoulder, Lapel Shoulder, Floating Shoulder)
15. Front Scissors
16. Back Scissors
17. Reclining Leg Throw with Strikes
18. Two Defences against Left-Punch to Face
19. Dropping Version of a Full Shoulder

SENIOR

SENIOR BELT (BROWN-1)

1. Third Kata of Blocks (First 12 Moves)
2. Inner Wind
3. Outer Wind
4. Spring Hip
5. Front Scoop
6. Outer Hook Throw (From a Right Punch)
7. Outer Hook Throw (From a Left Punch)
8. Action against three or more attackers
9. Palm Heal Blows to chin & head
10. Left Upward Block with Knife Hand to Neck
11. Escapes when held over the arms (Front and Back)
12. Escape from Full Nelson
13. Side Kick to knee cap (using Heel) (Left & Right)
14. Three Different Blocks using same blocking arm
15. Attacking the back of legs
16. Roundhouse Kick from the ground to Knee, Groin and Sternum (To two opponents)
17. Side Thrust Kick to back of knee from the ground
18. Side Snap Kick (Demonstrate Left & Right)
19. Side Thrust Kick to knee followed by Roundhouse Kick to ribs
20. One Handed Throws (2 left, 2 right)
21. Strike to Atemi Points (4) (Describe possible implications of strike)
22. Body Drop – Left Handed Throw
23. Inner Wind – Left Handed Throw

SENIOR BELT (BROWN-2)

1. Third Kata of Blocks (Complete)
2. Rolling Ankle
3. Corner Throw
4. Rear Throw
5. Valley Drop (1 From a Push, 1 From a Punch)
6. Defence Against Round-House Kick (Left or Right – 2 of each)
7. Leg Wheel
8. Outer Wheel
9. Cross Buttocks
10. Rice Bale
11. Lapel Shoulder Throw
12. Dropping Version of a Hip Throw
13. Breaking Strangles and Chokes on the Ground
14. Several ways of Throwing an Opponent from Behind
15. Shoulder Dislocations
16. Defence against Front Snap Kicks (1 Right, 1 Left)
17. Shoulder Crash
18. Arm and Shoulder Throw with Shoulder Lock and Wrist Lock
19. Knife Hand to neck followed by kick to Solar Plexus
20. One Handed Throws (3 left, 3 right)
21. Combination of kicks to 4 opponents (Students interpretation)

SENIOR BELT (BLACK)

1. 25 straight throws
2. Counters to Hip Throw, Inside Hock, Shoulder Wheel, Half Shoulder, and Body Drop
3. Inside Leg Sweep
4. Four Combination Throws
5. Lunge Punch, Reverse Punch to body and face
6. Tonfa Kata
7. Counters to Garrotting (1 Front, 1 Back)
8. Inside Forearm Block followed by Back Fist to ear then throw
9. Counter Measures against, - Crescent Kick, Back Kick, Front Kick to head and solar plexus, Roundhouse Kick.
10. One Handed Throat Throw
11. Attacking the eyes and the ears
12. Use X Block to stop punch to face, pull opponent onto Roundhouse Kick or Roundhouse Knee
13. Reverse Punches to different opponents (Minimum of 3 opponents)
14. Using Left and then Right Upward Blocks with throw
15. Three Punches to body, face, and body again
16. Palm Heel Block with attack, from various moves
17. Defence against sparring opponents who tries kicks to body
18. The Open Hand and it's uses
19. The Elbow and it's uses
20. The Bottom fist and it's uses
21. The pupil's opinion of the four most effective and dangerous throws in repertoire
22. The four most used kicks in Ju Jitsu
23. 20 hours logged teaching (Minimum)
24. 16 hours of qualified tuition

Note: Student's attendance record and general attitude will be taken into account.

SENIOR

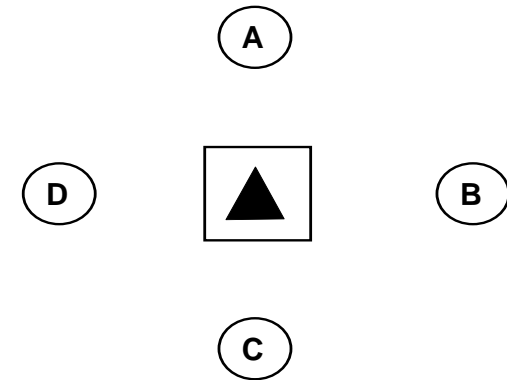
SENIOR BELT (BLACK 2nd Dan)

1. Katana

- a) Presentation
- b) Four X 3 Man Kata
- c) Demonstrate the eight cuts
- d) Name the Parts of the Sword
- e) End of Presentation

2. Walking the Bo
3. 10 Left Handed Throws
4. 10 Right or Left Handed Throws Depending on attack
(Left or Right Punches)
5. Circular Work
6. Multiple Attacks (Six X 2 Man Attacks)
7. Any 2 Defences against Knife Attacks
8. Defences from Left hand Punch to Stomach
9. Any 2 Defences against:-
 - a) Left Front Snap Kick
 - b) Left Roundhouse Kick
 - c) Left Side Thrust Kick
10. Defence against Indiscriminate Grabs (3 Front, 3 Back)
11. 50 Hours Logged Teaching (Minimum)

Multiple Attacks - Suggested Format



Attack Sequence

1. (A) Right Punch (B) Right Punch
2. (B) Right Punch (C) Left Punch
3. (C) Hold over Arms (D) Right Kick
4. (A) Left Punch (D) Left Kick
5. (A) Pushes defender (C) Grabs Under Arms
(A) Right Hand down to Head
6. (D) Right Punch (B) Right Punch

SENIOR BELT (BLACK 3rd Dan)

1. Katana
 - a) Presentation
 - b) Four X 3 Man Kata
 - c) Kneeling Kata
 - d) Salutation
 - e) Standing Kata
 - f) Knowledge of Katana
 - g) End of Presentation

2. Bo Kata 1 (2 Man)
3. Fourth Kata of Blocks and Throws
4. Counters against indiscriminate grabs (5 Front, 5 Back)
5. Teaching Standards 6 Set Throws
 - a) Inner Wind,
 - b) Back Hock
 - c) Half Shoulder
 - d) Head, Hip & Knee
 - e) Outer Hook
 - f) Cross Buttocks

6. 6 Of student's preferred throws
7. 3 x 2 Man Embo's (Minimum of 4 moves in each)
8. Anatomical Knowledge 10 Set Questions
9. Knowledge of First Aid 10 Set Questions
10. Details of what contributions the student has made to RYR Ju Jitsu



SENIOR

SENIOR BELT (BLACK 4th Dan)

1. Katana
 - a) Presentation
 - b) Four X 3 Man Kata
 - c) Kneeling Kata
 - d) Salutation
 - e) Standing Kata
 - f) 4 x Defence
 - g) End of Presentation
2. Hanbo Kata (No 1)
3. Kata with any two of the following: Sai, Tonfa, Nunchaka, Kama, Naginata
4. Kata of Samurai
5. Fifth Kata of Blocks
6. 6 x Tying up Techniques (Hojo Jutsu)
7. Essay on Ju Jitsu (2,000 – 2,500 words)

A tape recording will be acceptable as a substitute for a written essay.

SENIOR BELT (BLACK 5th Dan)

1. Katana
 - a) Presentation
 - b) Four X 3 Man Kata
 - c) Kneeling Kata
 - d) Salutation
 - e) Standing Kata
 - f) 4 x Defence
 - g) End of Presentation
 - h)
2. Hanbo Kata (No 1 & 2 combined)
3. Bo Kata (2 man)
4. Kama Kata
5. Nunchaka Kata
6. Naginata Kata
7. Student's own Kata (minimum of 20 moves) with any two of the following: Katana, Hanbo, Sai, Tonfa, Nunchaka, Kama, Naginata, Bo
8. Kata of Samurai
9. Demonstration of student's preferred Ju Jitsu techniques (6)

SENIOR BELT (BLACK 6th Dan and Above)

Fifth Dan is recognised as the last 'fighting grade'.

Any award higher than this is at the discretion of the founder of RYR and the Technical Committee.

This will be awarded in recognition of the dedication and contribution to the art of Ju Jitsu and the development and promotion of RYR.

The founder will make recommendation and the Technical Committee of RYR will ratify the said grade.

All grades will be signed by the Founder, or his agreed nominee, plus a minimum of 1 other member of the Technical Committee.

