

Bushido Bristol - Goshin Jitsu Grading Syllabus

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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 th 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 th 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 th 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 rd 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 nd 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 st 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 Migu 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

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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)

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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)

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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).

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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).

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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

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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.

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3rd Kyu Green Belt

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

| Japanese | English |
|---------------------|----------------------|
| Seoi-O-Toshi | Shoulder Drop |
| Yama-Arashi | Mountain Storm Throw |
| Hane-Goshi | 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.

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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

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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).

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1st Kyu Brown Belt

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

| Japanese | English |
|----------------------|---------------|
| Tomoe-Nage | Stomach Throw |
| Sumi-Gaeshi | Corner Throw |
| Tawara-Gaeshi | 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

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Sho Dan Black Belt

The student must incorporate the following techniques into a defence

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

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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 |