

# The Japanese Fighting System Jujitsu



## **Peter Smid**

*World A referee at the JJIF*

*Observer-Coach-Instructor JJIF*

*Senior Supervisor All Japan Jiu-Jitsu Federation*

*6<sup>th</sup> Dan Jujitsu, 6<sup>th</sup> Dan Tangsoodo*

*1<sup>st</sup> Dan Judo, 1<sup>st</sup> Dan Karate, Brownbelt BJJ*

Preface written by



**Eiichiro Toyama Sensei,**  
**chairman of Japans Ju-Jitsu Kyogi Federation and**  
**Chairman of Japan Ju-Jitsu Fighting System Committee**  
under the umbrella of the  
**Ju-Jitsu Federation of Japan—JJFJ**

Dear Peter SMID Sensei,

Let me describe of encounter with Ju-Jitsu Fighting System. All Japan Ju-Jitsu Federation had been organized for 2001 Akita World Games and the dojo which I belonging to was joined the federation. In the start off meeting , I saw Ju-Jitsu Fighting System in big screen. There were so quick and speedily punches, kicks and strikes, also even throwing and ground techniques! I was sure "this is what I want to do!"

I stated Karate since I was 13 years old and I had been police man. So Judo is mandatory for Japanese Policeman. I already had 4<sup>th</sup> dan in Judo at this time. I thought Ju-Jitsu Fighting System is kind of mixed competition system of Karate and Judo. But I would have known it is not so simple, I have experienced the originality of Fighting System by myself later.

And time flies. In 2009 Hitoshi TAMARI Sensei of Vice President of JAPAN World Games Association asked me to bring up Ju-Jitsu Fighting System in Japan because it has been hang low for several years after Akita World Games.

I became the Chairman of Ju-Jitsu Kyogi (competition) Federation and the Chairman of Japan Ju-Jitsu Fighting System Ju-Jitsu Committee under the Ju-Jitsu Federation of Japan (JJFJ) . But obviously it was start from Zero. The build-up story of Japanese Ju-Jitsu Fighting System has been full of trials and tribulations.

In 2010 Combat Games had been hold in China and I visited by myself for inspection. I saw Peter SMID Sensei at that time and I thought he really loves this competition system and behaved so smart and strictly. This was wonderful experience for me to meet such a great master.

In 2015 First World Championship of Ju-Jitsu in Asia had been hold Bangkok, Thailand. I was 48 years old but I thought this was the last chance to compete and believed the experience would help us to bring up Japanese Ju-Jitsu future. Then I fought but the things didn't go so well. could not win.

And that time I tried to contact Peter Sensei and had a chance to discuss so many things about Ju-Jitsu in Japan. I was so impressed he was so friendly and open-minded.

Also we asked him to open the seminar in Japan and it happened in 2016! Both technical Seminar and Referee seminar were fantastic. All the joiner were surprised by Peter-Sensei's great techniques and we asked him to be Supervisor of our organization. I was grateful to my fate! I will keep learning from such a great Ju-Jitsu master Peter SMID Sensei!

Respectfully yours,  
Eiichiro Toyama

*(original on last page)*



## FIGHTIN-SYSTEM: ATACK AND GO-ON

Fighting-System uses three parts of combat. First part you can kick, punch and strike like karate. When one or both of the fighters grip they reach the second part and kicking, punching and striking is not allowed anymore.

In that second part you try to bring down your opponent to the ground by throw or takedown. Also you can try to make a lock or strangulation in a way your opponent has to tap. When you bring your opponent to the ground you are in part three.

In part three you try to control your opponent or let him tap by lock or strangulation.

In all three parts you can get Ippon for a solid attack. If you have an Ippon in all three parts you are the winner. If there is no winner at the end of the match-time, the fighter with most points wins the game.



Peter Smid Sensei wants it's clear that Fighting System is a combat game. No self-defense. So when you are passive you can not win the game. You will see this coming back in the exam for belts. The question from the examiner-sensei will not be defend against an attack, but, show some attacks with example a strangulation or lock.

Fighting-System is what Peter wants in future a real wide way of fighting-combat. Nowadays it is more or less a combination of Karate and Judo. For example in part two, many techniques that are not allowed in Judo are Ippon in Jujitsu Fighting-System. There is so many beautiful stuff to use.

# An interview with the designer of this Japanese Fighting system

Written by Roeland van Vliet



## A SHORT INTRODUCTION

Peter Smid, already almost fifty years active in Martial Arts, designed Fighting System of the JJIF in a separate form. He did this in commission for the All Japan Jujitsu Federation. The system has its own exam for the belts and his own referees. That just he, as a Dutchman was asked by the land where the sport begun is for Peter a huge honor.

Peter is Chief trainer Martial Arts at Club Happy Fitness in Vlissingen, the Netherlands. From the 60's he has learned a respectable group of fight a self-defense arts: Japanese Jujitsu, Brazilian Jujitsu, Karate, Tangsoodo, Aikido and English boxing. At Jujitsu Peter is world referee and observer-coach-trainer for international referees.

## THE PERSONAL BACKGROUND OF PETER



### ***What way did your interest in Martial Arts arise?***

„When I was eleven I came at home telling my mother I was, again, bullied by other children. I told my mama I was hit.... My mother send me to my room, without any food. This was for me the moment to realize that I have to be brave and do it myself. It was not in one day to happen, but when the month flow I stood up for myself more and more and the bullying was less. Later I realized that my mother did me a great favor sending me to my room. I still like to thank her for this.“

### ***How did that start in the beginning?***

„We were not rich, better said, we were poor. So we didn't have money for paying a sport club learning martial arts. I went training by people that did unarmed combat at their jobs. It was a marine, an air force officer and a policeman. After a few years we

were at that moment that the three people were tapping more than teaching, so they said that I had to go to an official club. This was around my 17<sup>th</sup>.“

„, I started with Jujitsu and other self-defense arts like Judo, Karate, Tangsoodo and Aikido to give my Jujitsu a wider aspect. It gives a real advantage when conversations need a wide view of techniques.“



***In the beginning Jujitsu for you was a way to escape bully. If I understand correctly it is now a real way of living.***

„Absolute. First as a 10/11 year old I wanted to build-up podia with light and audio. I did this already as a help for professionals and studied for it till my 17<sup>th</sup>. That was the turning moment when I started at clubs for Jujitsu, Judo and Karate. My new passion was born. This is what I wanted! Play, train, learn..... It wasn't self-defense anymore. There were no bullies that wanted Peter. My self-confidence grew and I didn't need to defend myself anymore. That's the reason I give this to the youth as example to fight bullies. Go and practice Jujitsu. It helps.“



## **UPCOMING OF A WORLD FEDERATION**

***In the 70's, the federation was founded what now is grown to JJIF. Were you involved from the beginning?***

„Almost..... From 1978 I'm involved. There were a few country's that started it and the federation is never stopped growing. In the beginning we had a system that one fighter had to react on the attacks which were already known. The defender was more or less totally free how to defend. In the beginning a fine system, but it wasn't what the future wants. In the 90's the Fighting-System was born and the old system was bend into the new Duo-System. In 1995 we had the first European Championships in Fighting and Duo.“

***Was Japan also involved?***

„No it was still a European thing. That's the reason Europe is still the strong continental for Fighting. In 1997 Jujitsu did his first appearance in Worldgames in Lahti, Finland. The Japanese came to look at it for the first time and were enthusiast directly. Still it took a while before Japan really embraced it.“

***How are you involved in the setting-up of the world federation?***

„I'm not one of the leaders. What I did was, talking to leading people and bring my knowledge to them so they can bring those ideas to life. I don't need the credits for an idea. More important is that good ideas come further.“

„In the beginning (70's) I competed the "old" system in try-out's up to level European Championships. When the European Federation knew what they wanted, they needed referees. That was the moment I was pointed as volunteer. From 1980 I'm national and from 1983 international referee. In the past bringing referee on higher level was pioneering. I always were there to help the leading commission to reach that goal.“



**When could you say: "Jujitsu is on sight"? Was this at the first Worldgames in 1997?**

„I think you can say this. When your sport is held on the Worldgames you have more or less a Olympic recognition. You try to reach that last point, be at the real Olympics. There, in Lahti, we held Fighting-System and Duo-System. Beautiful thing was, IOC-chairman Juan Antonio Samaranch personally came to look and was very enthusiast about the Fighting-System and said: "I will go and bring it positive to the top". That was a good sign. We were dreaming already about the Olympics of 2008. His successor Jacques Rogge didn't bring our dream to life."



**Do you still have hope it will come to Olympics in future.**

„For sure..... I hope for 2024. We notice more and more country's get involved with our sport. We already have the idea how it will look like. It will be something like this: we have teams and make five weight classes in Newaza, five weight

classes in Fighting and one game Duo. Than two country's go against each other in eleven fights. Who wins six fights wins the battle."

**What do you think about that way of entering the Olympics?**

„I like it. Every sport likes to be Olympic. Why? This is the highest platform a sport can act on. This way more money comes to the sport and will be invested in the recreational platform. That's the way for a sport to grow."





## MISSION IN JAPAN

**For the All Japan Ju-Jitsu Federation you wrote the plan where you made the Fighting-System from the JJIF into a self-employed system. How did the Japanese come to you?**

„During the Worldgames of 2001 in Japan and the Combatgames in 2010 in China I was one of the referees. I heard from my friend Eiichiro Toyama Sensei that I made a real good impression to the Japanese Federation. But it took long before they contacted me. It was during the World Championships Jujitsu in Thailand. (2015)“

„There they told me their plans what they wanted to do. I told them I did like the



Opening WORLD GAMES 2001  
Akita, Japan  
A tournament with great memory

ideas they had. Then they told me that they wanted me to bring it on track. Whouh..... who am I to say no? Of course I wanted that opportunity to bring my knowledge into a self-supporting system. I've a big respect for Japanese how they do their sports. If a country like this asks your support, you do it."

**Did you know what to do directly?**

„More or less, yeah. I think a lot about the sport. It is for 40 years my profession. I had the knowledge to write this plan. In 2016 I went to Japan to talk it over, give some seminars and making a solid agreement.“



***The design of the plan is ready now. Do they already work with it in Japan?***

„Yes, absolute. When I had written the first part I send it. In return I got reports from Japan. They are trying to make people of other combat sport join the Fighting-System.“

„Also I send with the belt promotion system some video with examples for belt exams. So they have an idea what I mean with, for example: Coming from part one, making a combination in part two with an end in part tree with a lock or strangulation.“

***When is it allowed to do an exam for their next belt?***

„That's the jujitsu fighter that gathered enough points in combat. There is a schedule where you can read how many points you must have and where to get them. How higher your belt, the bigger tournaments you have to go to.“

„For the exam, for the lower belts your own Sensei can promote you. For the higher belts there is a 3-sensei examiner group. For black belt and higher you have to make your exam before the official commission of the federation.“



***Are there enough tournaments?***

„That is what Japan has to create its self. The sensei's have to send their pupal to tournaments. It begins with club tournaments, open club tournaments, regional and later national tournaments. They have to invite each other. Winning games stimulates.“

***Even before the plan was finished, the Japanese expressed their gratitude by promoting you till 6<sup>th</sup> Dan Jujitsu. This must be special for you?***

„Sure. I'm very honored that I got that degree from the land where our sport all started.“

















***The Japanese like your plan. Now the rest of the world?***

„For me.... No problem. I wrote the plan in a way every country can use it. So if they want it, they can go for it.“





## BELT PROMOTION FIGHTING-SYSTEM

Graad:	Kleur:		Japane benaming:
6 <sup>e</sup> Kyu	Wit		Rok-Kyu
5 <sup>e</sup> Kyu	Geel		Go-Kyu
4 <sup>e</sup> Kyu	Oranje		Yon-Kyu of Shi-Kyu
3 <sup>e</sup> Kyu	Groen		San-Kyu
2 <sup>e</sup> Kyu	Blauw		Ni-Kyu
1 <sup>e</sup> Kyu	Bruin		Ichi-Kyu
1 <sup>e</sup> Dan	Zwart		Sho-Dan
2 <sup>e</sup> Dan	Zwart		Ni-Dan
3 <sup>e</sup> Dan	Zwart		San-Dan
4 <sup>e</sup> Dan	Zwart		Yon-Dan
5 <sup>e</sup> Dan	Zwart		Go-Dan
6 <sup>e</sup> Dan	Rood-Wit		Roku-Dan
7 <sup>e</sup> Dan	Rood-Wit		Shichi-Dan (Nana-Dan)
8 <sup>e</sup> Dan	Rood-Wit		Hachi-Dan
9 <sup>e</sup> Dan	Rood		Ku-Dan
10 <sup>e</sup> Dan	Rood		Ju-Dan

**To encourage the training of Japanese jujitsu in Fighting System we use a belt promotion system.**

### Explaining the system

There is a minimum time you will practice FS (Fighting System) before you can do the technical part of the exam for your next belt.

In that time you can gather your points you need in competition.

If minimum time is past and you have enough points you can do the technical exam.

This is an exam with favorite techniques of the fighter

If minimum time is past and you don't have enough points you can do the complete technical exam. This exam has more techniques than are set in this rules. This is a possibility created for Jujitsuka from above 30 years.

Fighting System is a competition martial art, so we advise to first gather the full points needed for the next belt.

The federation can commit a minimum age for each belt.

## Minimum time to get the next belt

White to Yellow, 6 month  
 Yellow to Orange, 9 month  
 Orange to Green, 1 year  
 Green to Bleu, 1½ years  
 Bleu to Brown, 1½ years  
 Brown to 1<sup>st</sup> Dan, 2 years

1<sup>st</sup> to 2<sup>nd</sup> Dan, 2 years  
 2<sup>nd</sup> to 3<sup>rd</sup> Dan, 3 years  
 3<sup>rd</sup> to 4<sup>th</sup> Dan, 4 years  
 4<sup>th</sup> to 5<sup>th</sup> Dan, 5 years  
 For every next Dan 5 years

## Points schedule for competition

The points you need to take part at the technical exam are:

Yellow, 5 --- Orange, 10 --- Green, 15

Bleu, 30 --- Brown, 50 --- 1<sup>st</sup> Dan, 75 --- 2<sup>nd</sup> Dan, 100

For color belts you do the technical exam before your own sensei

For 1<sup>st</sup> and 2<sup>nd</sup> Dan you do the technical exam before a three-sensei commission

For 3<sup>rd</sup> Dan till 5<sup>th</sup> Dan you do a full technical exam before a three-sensei commission

You can gather the points in competitions like shown in schedule.

Sort	Clubs	Nations	Mini- mum Bracket	Partici- pate	9 till 12 <sup>th</sup> place	4 till 8 <sup>th</sup> place	Bronze	Silver	Gold
Club	1	-	4	-	-	-	1	2	3
Region	2/3	-	4/8	-	-	1	2	3	4
Region	4+	-	8	-	1	2	4	5	6
National	-8	-	4/8	1	-	2	4	6	8
National	9+		9+	1	2	3	6	9	12
Japan Champ	9+	-	5+	2	4	6	12	18	24
Internat- ional	-	3+	8	2	4	6	12	18	24
Internat- ional	-	5+	8	4	8	12	24	36	48
Continental Champ	-	-	8	10	15	25	50	70	100
World Champ	-	-	-	10	15	25	50	75	150
Worldgames / Olympic	-	-	-	10	25	50	75	100	200

Become 2 times national champ as a brown belt holder gives 1<sup>st</sup> Dan without techni-  
 cal exam

Become 1 time Asian/continental champ as a 1<sup>st</sup> Dan gives 2<sup>nd</sup> Dan without technical  
 exam

Become 1 time world champ or champ at the world games as a 2<sup>nd</sup> Dan gives 3<sup>rd</sup> Dan  
 without technical exam



## Technical exam

On the next pages you have the technical requirements you have to show to the sensei(s).

The requirements for those fighters that have enough points made at tournaments / Competition

There will be a possibility for those fighters that don't have enough points made at tournaments / competition to make a full technical exam. This is only for Jujitsuka from above 30 years.

For the technical exam counts, that for higher belts the quantity AND the quality of shown material will be higher than previous exam.

If the quote is for example "Show, coming from part one". That means that you show a good combination in part one before making the assignment in part two.

If the quote is for example "Show, coming from part two". That means that you show a good throw or takedown in part two before making the assignment in part three.



## The Belts and what to do for it.

### When you start



White belt you will receive from your Sensei when you start training Fighting System at his Dojo

### After minimum of 6 month (Including the necessary competition points)



Ukemi Waza (without partner)

Roll forward and backward,

Strait forward

Bridge forward and backward

Side fall, left-side and right-side

Show 4 Ippon combinations (at least three kicks and punches) from part one

1<sup>st</sup> ends with roundhouse punch to the head

2<sup>nd</sup> ends with straight punch to the body

3<sup>rd</sup> ends with straight kick to the body

4<sup>th</sup> end with (reverse) roundhouse kick to the body

Show 1 combination out of part one into part two

Show 1 combination out of part two into part three

Show controlled combinations between Osaewaza in part three

### **After minimum of 9 month (Including the necessary competition points)**



Requirements of the yellow belt A plus:

Ukemi Waza (with partner)

Roll forward and backward,

Strait forward

Bridge forward and backward

Side fall, left-side and right-side

Show 5 full combinations that earns Full-Ippon

Show one throw/takedown backwards, one throw/takedown sideward and one throw/takedown forward

Show 2 times, coming from Osaewaza making lock or strangulation

Show 2 times, from guard making lock or strangulation

### **After minimum of 1 year (Including the necessary competition points)**



Requirements of the orange belt A plus:

Show, coming from part one

2 throws or takedowns backwards

2 throws or takedowns sideward

2 throws or takedowns forward

Show 2 times, 3 locks in movement in part three

Show 2 times, 2 strangulations in movement in part three

Show a combination of minimum 1 strangulation with minimum 2 locks in movement in part three

### **After minimum of 1½ years (Including the necessary competition points)**



Requirements of the green belt A plus:

Show, 5 times a combination between two throws/takedowns with a follow-up in part three

Show in movement in part two, two times

A lock

A strangulation

Show in movement in part three a combination containing

3 arm locks

2 wrist locks

1 leg lock

Show 5 full combinations that earns Full-Ippon and ends with lock or strangulation



## After minimum of 1½ years (Including the necessary competition points)



First do theoretical and practical exam club-referee with good result. (can be done in the 1½ year waiting time)

After waiting time and getting the referee degree he/she can do the rest of the exam

Requirements of the bleu belt A plus:

Show, coming from part one, 5 times a combination between two throws/takedowns with a follow-up in part three. Use different directions \*<sup>1</sup>

Show, 5 times a overtake of a throw/takedown in part two with a follow-up in part three \*<sup>2</sup>

Show, 2 times a overtake of a (attempted) lock or strangulation in part two \*<sup>2</sup>

Show in part three, coming from part two, 3 times a combination between lock and strangulation or strangulation and lock

Show 3 times a overtake off a (attempted) lock and or a (attempted) strangulation, ending with lock or strangulation in part three \*<sup>2</sup>

\*<sup>1</sup> first show the first technique completely. 2<sup>nd</sup> time show the combination with the escape / block from your partner

\*<sup>2</sup> first your partner shows the first technique completely. The 2<sup>nd</sup> time you take over that technique





## The requirements of Black belt. 1<sup>st</sup> Dan

First do theoretical and practical exam regional referee B with good result. (can be done in the 2 years waiting time)

After waiting time (Including the necessary competition points) and getting the referee degree he/she can do the rest of the exam.

Requirements of the brown belt plus:

A own designed work that contains:

1. An overall sight of techniques of the colored belts
2. Kicks, strikes, punches, blocks of part one
3. Combinations of part two in several directions, including:
  - Throwing techniques
  - Takedown techniques
  - Maki-komi techniques
  - Hikomi-waza techniques
  - Takeover throws/takedowns
  - Combinations and takeovers of locks/strangulations in part two
4. Osae-waza combined with locks/strangulations in part three
5. Full-Ippon combinations

Note:

The own work will be presented on paper to the examination commission at least 2 hours before the exam

The form of the demonstration is a full responsibility for the person who is doing the exam.

The chosen techniques are techniques that fit-in to the person that makes the exam and his partner(s).

For example: if you are 195cm tall and your partner 160cm, I would not take Ippon-Seoi-Nage as my favorite throw.

It is not allowed to copy an exam of another person. It must be his / her own work. The two partners are allowed to do the same exam on the same day.

After the own work, to complete the view of the examiner-commission, the examiner-sensei can ask for:

1. Additional techniques and combinations
2. Theoretical issues that has to do with Fighting-System in general
3. Theoretical issues that has to do with rules in Fighting-System in the view of a referee





# REFEREE PROMOTION FIGHTING SYSTEM

To leveling the referee in Japan we use a referee promotion-system. We shall work with 5 levels. Below you find the levels and what you have to do for it. *When you read Japan, you can replace it with the name of your own nation.*

## Explaining the system

All referees begin on level 1 (Club-Referee) by doing referee course by top leveled referee of Japan.

By practice and referee during competitions the referee tries to improve his/her skills. Thru practicing and making progress in refereeing at tournaments, head referee of Japan can give the opportunity to do exam for next level. The first opportunity that accrue the exam will be taken off by Peter-Sensei or a by Peter-Sensei selected referee.

## Club Referee

The Club-Referee has to have at least Bleu Belt Fighting-System Jujitsu

The course of Club-Referee can be given by the Japanese Referee Committee or a by this committee selected referee. This includes the exam.

With this diploma the referee can

- be referee at club-tournaments without supervisor
- be referee at regional-tournaments under supervising by the Japanese Referee Committee or a by this committee selected referee

When the Japanese Referee Committee sees a clear progression in refereeing of the Club-Referee, they can select him/her for exam Regional-Referee-B. He/she has to be Club-Referee for at least one year and have all the diplomas you need for Regional-Referee B

## Regional Referee B

The Regional-Referee has to have at least Brown Belt Fighting-System Jujitsu

The course and exam can be given by the Japanese Referee Committee selected (national) referee. This includes the exam.

With this diploma the referee can

- be referee at club-tournaments without supervisor
- be referee at regional-tournaments under supervising by the Japanese Referee Committee or a by this committee selected referee

When the Japanese Referee Committee sees a clear progression in refereeing of the Regional-Referee-B, they can select him/her for exam Regional-Referee-A. He/she has to be Regional-Referee-B for at least two years.

## Regional Referee A

The Regional-Referee has to have at least Brown Belt Fighting-System Jujitsu  
The course and exam can be given by the Japanese Referee Committee selected (international) referee. This includes the exam.

With this diploma the referee can

- be referee at club-tournaments and regional-tournaments without supervisor
- be referee at national-tournaments under supervising by the Japanese Referee Committee or a by this committee selected referee

When the Japanese Referee Committee sees a clear progression in refereeing of the Regional-Referee-A, they can select him/her for exam National-Referee-B. He/she has to be Regional-Referee-A for at least two years.

## National Referee B

The National-Referee has to have at least Black Belt Fighting-System Jujitsu  
The course and exam can be given by the Japanese Referee Committee selected (international) referee. This includes the exam.

With this diploma the referee can

- be referee at club-tournaments, regional-tournaments and National-tournaments without supervisor
- be referee at National-Championships under supervising by the Japanese Referee Committee or a by this committee selected referee

When the Japanese Referee Committee sees a clear progression in refereeing of the National-Referee-B, they can select him/her for exam National-Referee-A. He/she has to be National-Referee-B for at least two years.

## National Referee A

The National-Referee has to have at least Black Belt Fighting-System Jujitsu  
The course and exam will be given by Peter-Sensei. This includes the exam.

With this diploma the referee can

- be referee at club-tournaments, regional-tournaments, National-tournaments and championships without supervisor
- be selected by the Japanese Referee Committee for international tournaments

When the Japanese Referee Committee sees a clear progression in refereeing of the National-Referee-A, they can (together with Peter-Sensei) select him/her for the course Continental-Referee given by the JJIF / . He/she has to be National-Referee-A for at least two years.



After this nomination the continental federation and the JJIF are responsible for the promotion of the referee, up to level WorldReferee A.

# Important signs of a referee



**Sonomamma** Freeze  
Stop / Don't move  
*Touching both fighters*

**Yoshi** Unfreeze  
Fight again  
*Touching both fighters*







# COMPETITION RULES FIGHTING-SYSTEM

## Section 1 Area of application

- These rules apply to the competitions in the area of the international federation, the continental unions, international championships and international tournaments, the competition rules in Fighting System.
- All references in this document to the term "he" should be understood as "he or she".
- The nations are free concerning the rules for their national tournaments.

## Section 2 Competition Dressing and Personal Requirements (1)

- The competitors shall wear a good quality white Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts.
- The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist. The sleeves may not be rolled up.
- The trousers shall be loose and long enough to cover half of the shinbone. Trousers legs may not be rolled up.
- The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15cm of the belt on each side of the knot.
- Female competitors are required to wear a plain white T-shirt or leotard under their Gi. Men are not allowed to wear anything under their Gi-jacket.
- The competitors must have short fingernails and toenails.
- The competitors are not allowed to wear anything that may injure or endanger the opponent.
- Glasses may not be worn. Contact lenses may be worn at own personal risk.
- Long hair must be tied up with soft hair-band.

**1** *If a competitor will not follow this rule, he is not allowed to start the match. He has the possibility to change the complained items of equipment and to show up again within 2 minutes.*

## Section 3 Competition Area (2)

- Each contest area should be 12 m x 12 m and shall be covered by tatamis, generally green in color or in any other acceptable color.
- The contest area shall be divided into two zones.
- The fighting area shall always be 8 m x 8 m.
- The area outside the fighting area shall be called the safety area and shall be at least 2 m wide.
- Where two or more adjoining competition areas are used, a common safety area is not permitted.

- f. In exceptional cases <sup>(3)</sup>, for international tournaments a fighting area of minimal 6m x 6m is allowed
- g. In exceptional cases <sup>(4)</sup>, there should be the possibility to share part of the safety area, but between two fighting areas there must be at least 3m.

**2** The distance between Secretariat and Contest area must be at least 2m

The distance between the audience and Contest area must be at least 3m.

**3** This minimal size of the fighting area is only allowed, if the size of the sport hall is too small.

**4** To share part of the safety area is only allowed, if the size of the sport hall is too small.

## Section 4 Material

The organizer of the competition shall provide red and blue competition-belts, scoreboards, list and administration papers, a place for the referees and the technical committee

## Section 5 Coaches, Competitors

- a. Only one coach, who stays at the limit of the contest area during the match, may assist contestants. <sup>(5)</sup>
- b. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials for the duration of the match.
- c. If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament.
- d. If a contestant shows unsportsmanlike behaviour after a fight <sup>(6)</sup>, the referee crew of the tatami unanimously can decide that the competitor should be expelled from the rest of the tournament. They will inform the head-referee of their decision and then ask the responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

**5** A chair for the coaches is allowed beside the mat.

**6** After a fight means during the whole tournament.

## Section 6 Generalities

- a. In Fighting-System two competitors compete against each other in a sportsmanlike competition with adapted means of Ju-Jitsu.
- b. The JJIF's Fighting-System is composed of 3 Parts:
- Part 1: Punches, strikes and kicks
  - Part 2: Throws, take downs, locks and strangulations
  - Part 3: Floor techniques, locks and strangulations.

The contestants must be technically active before going into the next part. An act is technically valid when the competitor shows the technique with good balance and with controlled combinations <sup>(7)</sup>.

- c. Attacks in part 1 are limited to the following areas: Head, face, neck, abdomen, chest, back and side.
- d. All strangulations are permitted except strangulations with the hand / fingers.
- e. The fighting time per match is 3 minutes. The Mat-Referee together with the Side-Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the three minutes.
- f. Between two matches a recovery time of maximum 5 minutes will be allowed.

**7** By combinations means:

*In part 1 they must make combinations with kicks or punches.*

*In part 2 they must really be active to try to throw/ take down the opponent.*

*In part 3 they must really try to make a good hold or really try to come out of the hold.*

*In part 3: As long as there is a real will to fight and when there is a real progress in the engaged technique the action has to continue except that the majority of the fight should not take place on the ground.*

## **Section 7 Material**

- The contestants are required to wear soft, short and light hand protectors and soft foot & shinbone protectors matching their belt-colour (red or blue).
- The protectors must be made of soft foam and should be at least 1cm thick and with upper limit of 2cm. <sup>(8)</sup>
- Protectors must be in the right size and in good order.
- It is allowed to have jockstrap and mouthpiece. Female competitors may wear a chest protection.
- Foot & Shinbone protections, jockstrap and chest-protections must be worn under the Gi.

**8** *If a contestant's the gi and protectors do not follow the rules the competitor will not be allowed to start in the fight. In this case he can change his protectors / gi within two minutes. He will be punished by Shido for delaying the start of the match.*

## **Section 8 Weight Categories**

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

Women: -49kg, -55kg, -62kg, -70kg, +70kg

Men: -56kg, -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

## **Section 9 Referees** <sup>(9)</sup>

- The Mat-Referee (MR) who stays within the contest area shall conduct the match.
- Two Side-referees (SR) shall assist the MR and shall be situated in the safety area. The SR must place themselves where they can follow at any time the course of the match as best possible and award their points.
- The Table-Referee (TR) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time, the Osae-komi-time and the injury-time.
- There may be two Table-referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

**9** *The referees should be from different countries if possible.*

## **Section 10 Secretariat**

- The secretariat is placed opposite the position of the MR at the beginning of the fight.
- The secretariat shall be composed of two scorekeepers and one timekeeper.



- c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

## **Section 11 Course of the match**

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side.  
At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.
- b. After the MR announced "Hajime", the match starts in Part 1.
- c. As soon as there is contact between the competitors by holding the opponent, part 2 has begun. Punches, strikes and kicks are no longer allowed except when they are performed simultaneously with the initial grip.
- d. As soon as both contestants have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues in Part 3. <sup>(10)</sup>
- e. The contestants can change between the different parts, but they must be active in all parts. <sup>(11)</sup>
- f. If a contestant only rushes towards the opponent without making a technical action or if he is dangerous to himself ("Mubobe"), a technical penalty will be given and the match will continue in part 1.
- g. Throws must start in the fighting area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- h. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the fighting area opposite the table referees.

**10** If a contestant repeatedly goes down on his knees or sits directly he shall be punished passivity in Part 2. It is not allowed to lift the opponent laying down to apply a throwing technique. In this case the MR stops the fight by Matte.

**11** It is not allowed to hit the opponent when he has both knees on the mat. In this case the MR stops the fight by Matte.

## **Section 12 Application of "Hajime", "Matte", "Sonomama" or "Yoshi"**

- a. The MR shall announce "Hajime" to start and to restart the match after "Matte".
- b. The MR shall announce "Matte" to stop the match temporarily in the following cases:
  - 1. If one or both contestants left the fighting area completely in Part 1 or 2 <sup>(12)</sup>
  - 2. If both contestants left the fighting area completely in Part 3. <sup>(13)</sup>
  - 3. To give one or both contestants a penalty in Part 1.
  - 4. If one or both contestants are injured or are taken ill.
  - 5. If one of the contestants can't tap by himself during a strangulation or a lock.
  - 6. When Osaekomi time is expired
  - 7. If the contact in part 2 and part 3 is lost and the contestants will not continue in part 1 by themselves.
  - 8. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)

9. In any other case when one of the SRs finds it necessary and therefore claps his hands. <sup>(14)</sup>
10. The fight has finished.

**12** If one of the fighter leaves with both feet the fighting area only for a short while and returns immediately back, the match will not be stopped

**13** If a SR claps his hands, the MR has to stop the fight.

**14** The MR together with the SR should decide, after consulting the TR, if the last action happened before or after the end of the fighting time.

c. "Sonomama" shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore.

"Sonomama" will be announced:

1. To give one or both contestants a warning in Part 2 or Part 3.
2. To give one or both contestants a penalty in Part 2 or Part 3.
3. Any other time the MR finds it necessary.

d. After "Sonomama" the contestants continue exactly in the same position they were, when the Command Sonomama was announced. To actually start again the match, the MR announces "Yoshi".

## Section 13 Points

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn't see an action, the lower of the two remaining scores prevails.

a. The following points can be given in Part 1:

(Punches, strikes and kicks must be applied with Hikite / Hikiashi, in good balance and control <sup>(15)</sup>)

1. An unblocked punch, strike or kick (Ippon, 2 points)
2. A partly blocked punch, strike or kick (Wazari, 1 point)

b. The following points can be given in Part 2:

(Throws, take downs, locks and strangulations)

1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 2 points)
2. Strangulations and locks with tapping (Ippon, 2 points)
3. A perfect throw <sup>(16)</sup> or take-down (Ippon, 2 points)
4. A not perfect throw or take-down (Wazari, 1 point)

c. The following points can be given in Part 3:

(Floor techniques, locks and strangulations)

1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 3 points)
2. Osaekomi <sup>(17)</sup>, Strangulations and locks with tapping (Ippon, 3 points)
3. An efficient control announced as "Osaekomi" during 15 seconds. (Ippon, 2 points)
4. An efficient control announced as "Osaekomi" during 10 seconds. (Wazari, 1 point)

d. An efficient control started within the fighting time is allowed to continue until termination (even after expiry of the fighting time). If the control is broken before the 15 seconds the MR shall announce "Toketa".

- 15** A kick which will be caught by the opponent never can be counted as an Ippon.  
**16** A perfect throw after which the opponent lands on his stomach will be counted as an Ippon.  
**17** Osaekomi can only be announced if:

1. The controlled person is lying on the floor.
2. The legs of Tori are free.
3. Uke is well encumbered and can't move freely. Tori has a good control over Uke.

Osaekomi time continues, even when:

1. The controlled person is able to catch a leg of Tori (two legs is Toketa)
2. The controlled person can turn on the side or back.

If both bodies are completely outside the fighting area, the Osaekomi time will be stopped by "Toketa".

Sankaku-Jime must be applied with one arm inside the crossed legs.

Sankaku-jime and Juji-gatame count as an Osaekomi as long there is a full control of Uke's upper body.

Straight leg locks with control of Uke's upper body must be seen as an Osaekomi. If Uke is able to rotate the body, it will be Toketa.

Different points for control-technique can't be accumulated (e.g. an Osaekomi which is held longer than 10 seconds and a arm lock won't give a Wazari and an Ippon) This is only possible, if the MR stopped the Osaekomi by announcing "Toketa" before.

## Section 14 Penalties

- a. Penalties must be given by the majority of the referees. <sup>(18)</sup>  
 b. "Light forbidden acts" will be punished by "Shido" and the opponent gets 1 Wazaari.

The following actions count as light forbidden acts:

1. If one or both contestants show passivity or minor technical infringements. <sup>(19)</sup>
2. "Mubobe"
3. To deliberately go outside the fighting area with both feet <sup>(20)</sup>.
4. To purposely push the opponent outside the fighting area.
5. To purposely deliver kicks or punches after the beginning of Part 2.
6. To make any further actions after "Matte" or "Sonomama" has been announced.
7. To deliver punches, strikes and kicks to the legs.
8. To deliver punches, strikes and kicks at the opponent if he is lying down.
9. To make locks on fingers or toes.
10. To make cross-legged locks around the kidneys and stretch the legs.
11. To make a strangulation with bare hands / fingers.
12. If a contestant comes unprepared to the mat and delays the contest. <sup>(21)</sup>
13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)

**18** Mistakes made by the application of score and penalties, should be corrected by the three referees and the table referee in charge.

**19** Passivity Part 1: One or both do not show any activity with the aim to get points.

One or both contestants go directly to part 2 or 3.

One or both contestants do not show combinations before going into the next part.

Passivity Part 2: If one or both do not show any activity with the aim to get points.

If one or both contestants only blocks the attacks or the movement of the opponent or both contestant goes down on the floor on purpose.

If the contestant(s) refuse to go to part 2 but is (are) active in part 1.

A fighter makes a false attack by throwing himself on the ground purposely without technique to break the contact

Passivity Part 3: If one or both do not show any activity with the aim to get points.

If a contestant is repeatedly passive after penalties, he can be punished by Chui (Disregard MR instructions)



**20** If one of the competitors leave the fighting area for a short time and if he comes back into the fighting area, the fight mustn't be stopped.

**21** The punishment will be given after the standing bow before the fight will be started by "Hajime"

- d. A "Forbidden acts" will be punished by "Chui" and the opponent gets 2 Wazari:
1. To make attacks like kicking, pushing, punching, hitting the body of the opponent in a hard way. (22)
  2. To throw the opponent from the fighting area to the area outside the safety area.
  3. To disregard the MR's instructions.
  4. To make unnecessary calls, remarks or gestures to the opponent, referees, the secretariat or to anyone else.
  5. To make an uncontrolled action, such as roundhouse punches and kicks, which are not stopped even if they miss the opponent, and after a throwing-technique the opponent is not able to continue immediately.
  6. To make straight punches or straight kicks towards the head.

In case of two "forbidden acts" the fight will be lost by "Hansoku-make".

**22** A technique which is stopped by the opponents body / head instead of the attackers control of the technique is an example of c1. A technique which causes the head to move due to contact is an example for c1.

Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs to determine if it a penalty per c1 (Forbidden Act) or e1 (Heavy Forbidden Act) based on the situation.

Techniques (excluding straight techniques) to the head that merely touch or are within 10cm are valid scoring techniques. Contact to the body is considered "skin-touch" contact. Otherwise, it may be construed as hard contact per c1.

Other criterion for c1 that needs to be looked at is if hard contact occurred because the opponent moved into the technique. In this case, there was no intent by the attacker to induce hard contact, and may be even a penalty of Mubobe to the opponent, if there is precedence of failure to protect one's self or reckless behavior.

- e. The following actions count as a "heavy forbidden act":
1. To apply any action which may injure the opponent.
  2. To throw or try to throw the opponent with any lock or strangulation. (23)
  3. To make any locks on the neck or spinal column.
  4. To make any twisted locks at the knee or foot.
  5. To make scissor throw

The first time a contestant makes a "heavy forbidden" act he will be punished by "Hansoku-make". He loses the match with 0 points and the opponent gets 14 points or the score he already achieved, if higher than 14.

The second time a competitor loses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.

If both contestants will be punished by Hansoku-make, the match will be repeated.

**23** A throwing technique in combination with a lock or strangulation is not allowed. (e.g. Kote-Geashi counts as a take-down technique)

## Section 15 Settlement of the Match

a. A competitor may win the match before the end of the fighting time, if one of the contestants achieved at least one Ippon in each of the three parts. This is called a Full-Ippon. In this case the losing competitor gets 0 points and the winner gets 50 points or the score he already achieved, if higher than 50.

b. After the fighting time has expired the contestant who has the most points at the end of the match will be the winner.

c. If the competitors have equal points at the end of the match, the contestant who achieved the most number of parts with one or more Ippon wins the match.

d. If the score is equal both in total points and in number of different parts in which Ippon were achieved, the contestant who achieved totally more Ippons wins the match.

e. If the score is equal both in total points, in number of different parts with Ippon score and in number of Ippon, there will be an extra round of 2 minutes until the match is settled.

There is a break of 1 minute between the additional rounds.<sup>(24)</sup> The procedure may be repeated. The scores, Ippons and penalties from the initial round are carried forward into the extra round.

**24** *The fighters keep their points and penalties they already achieved.*

## Section 16 Walk-over and Withdrawal

a. The decision "Fusen-gachi" (win by walk-over) shall be given by the MR to any contestant whose opponent doesn't appear for his match. The winner gets 14 points, after his opponent has been called for 3 times over at least 3 minutes.

b. The decision "Kiken-gachi" (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the one who withdraws gets 0 points and the winner gets 14 points or the score he already achieved, if higher than 14.

## Section 17 Injury, Illness or Accident

a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.

b. The injury-time starts on command of the MR.

c. If one of the contestants is unable to continue, the MR and the SRs will make a decision after the following clauses:

1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.

2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.

3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match with 14 points or the score they already achieved, if higher than 14, and the injured contestant shall loose with 0 points.

- d. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 14 points or the score already achieved, if higher than 14.
- e. The official doctor is to decide whether the injured contestant may continue or not.
- f. If a contestant loses consciousness or if they blackout, the fight must be stopped and the contestant will be expelled from the rest of the tournament.

### **Section 18 Team Competitions**

Team competitions are possible and the rules are the same as for individual competitions.

### **Section 19 Reserves in Team Competitions**

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighted at the same time as the ordinary contestants.

### ***JJIF Competition rules (Version 2.5 / June 17th 2014)***



*Explaining during the course for continental referee, Iran 2012*



Preface written by



**Eiichiro Toyama Sensei,**  
chairman of Japans Ju-Jitsu Kyogi Federation and  
Chairman of Japan Ju-Jitsu Fighting System Committee  
under the umbrella of the  
**Ju-Jitsu Federation of Japan—JJFJ**

親愛なるピーター・スミッド先生へ

2001年秋田ワールドゲームズ大会開催に伴い、全日本柔術連盟が結成され、当時私が所属していた道場が加盟しました。

発足パーティーで大画面にファイティングシステムの映像が、写し出されました。スピーディーに突き、蹴り、打ち、そして投げ、寝技と展開されるファイティングシステムの映像を見て、「これが自分の求めていた競技！」だと確信しました。

空手を13歳から始め、又、柔道も警察官であったので必須として修業し、4段を取得していた私としては、両方の技がミックスした夢のような競技だったのです。(しかし、自分が選手として出場してみると、単純に空手+柔道ではなく、ファイティングシステムはオリジナルであることは身を持って経験しましたが…)

それから時はながれ、2009年。日本ワールドゲームズ協会副会長玉利斉氏と知己であった私は、氏にある日こういわれました。「現在柔術競技連盟の活動が、低迷しているので、立て直してほしい。」と。私は当時の会長と玉利氏と話し合いを持ち、理事長として、運営に携わることになりました。その後、紆余曲折を経て、全日本柔術連盟(JJFJ)ファイティングシステム委員会委員長という立場になりました。とにかく、ここに至るまで、すべてが手さぐり。道なき道で、棘の道でありました。

2010年中国でコンバットゲームズが開催され、私は単身視察に行きました。その時です。スマートでかっこよく、審判として競技に愛情を持ち、ひとときわおーラを放っていたピーター先生とお会いしたのは。その時は畏れ多く、挨拶をさせて頂いただけで、日本に帰国しましたが。その後、2015年アジア初の世界大会が、タイのバンコクで開催されました。私は48歳になっていましたが、将来選手を育てる上において、経験だけはしておこうと、勇気を振り絞り、選手として出場しました。結果は残せませんでした。指導者として歩んでゆく上において、何にも代えがたい貴重な体験になりました。

そして、この時ピーター先生に思い切って話しかけてみました。「日本の現状、その他もろもろ。」ピーター先生は、実に気さくに、相談にのってくれました。こんな偉大な先生が、話を聞いてくれて、とても感動したことを覚えております。

そして、日本に来ていただけることになり、2015年来日され、技術セミナーとレフリーセミナーを開催して頂きました。その超越した技術に、セミナーに出席した日本の仲間はとても感動し、そして、顧問になっていただけることになったのです。私たちは、先生にこれから毎年来日して頂き教えを受けることが出来ることになったのです。こんな幸運はそうある話ではありません。運命に感謝しています。そして今、私の最大の楽しみは尊敬し敬愛なるピーター先生が出される本を早く手にすることです。

ピーター・スミッド先生、この度は本当におめでとうございます。



**Thanks to Roeland van Vliet, Marcel Kouwenberg and Marcel Dongel-  
mans and others who selflessly and license free helped me to create  
this magazine. Thanks guys.**

1<sup>st</sup> edition 31 March 2017



## Fighting-System Ju-Jitsu

This magazine is written by Peter Smid, since 1978 training and teaching combat-systems in jujitsu, karate, tangsoodo and judo. He is international Referee since 1983.

This Magazine is written for those who are interested in a combat-system that is safe and still has all parts of a self-defense fight in practice.

Peter was asked by the All Japan Jujitsu Federation to make fighting-system a combat-system with his own belt and referee rules. In this magazine you will find the result of this request.

You'll find in this magazine:

- The history of Fighting-System and the JJIF
- The aim of that world federation to make Jujitsu a Olympic game
- Demands of the Belt promotion system
- Demands of the referee promotion system
- The combat rules of the Fighting System

I hope you like to read the magazine as much I liked to write it

With all regards, Peter Smid

