



Japanese Fighting-System Ju-Jitsu



part 1



part 3



part 2

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AJJF Fighting-System Trainings-diagram

- In the diagram you see the learning program for the AJJF Grading-System for Fighting containing:
 - Material for direct next degree or belt
 - Material for Self-defense
 - Material for future grades or belts



Recognized by the Ju-Jitsu International Federation

Group	5 th Kyu	4 th Kyu	3 rd Kyu
displacement techniques	Move in different directions Avoiding, ducking, diving	Move in different directions using 1 st part Avoiding, ducking, diving	Move in different directions using 2 nd part Avoiding, ducking, diving
Ukemi Waza	Ukemi Waza (without partner) Roll forward and backward, Strait forward Bridge forward and backward Side fall, left-side and right-side	Ukemi Waza (with partner) Roll forward and backward, Strait forward Bridge forward and backward Side fall, left-side and right-side	As if 4 th Kyu
1 st part	Using blocks with arms and counter (ex: Age, Soto, Uchi, Juji, Morote-Uke, Gedan Barai)	5 th Kyu + blocks by leg and counter (ex: Age, Soto, Uchi, Juji, Morote-Uke, Gedan Barai, Hiza-Uke)	Combination of all learned blocks and attacks (without partner)
2 nd part	Using grip openers on wrist and jacket (Straight, cross and double)	Block embracement's from front, side and rear	Block and escape hip and shoulder throw
3 rd part	Free yourself from Osaekomi (cross - side)	Free yourself from Osaekomi (top - north-south)	2x Break and pass an open guard
Weapon			2x Defending on hit with stick (attack: free of choice)
Atemi	Mae-Geri - Front kick Oi-Zuki -Jab Gyaku-Zuki - Cross Jab	Round house punch - Haito-Uchi or Mawashi-Zuki Round house kick - Mawashi-Geri	Side-Kick - Yoko-Geri-Kekomi Reverse Round house punch - Uraken
Osaie Waza and control	Osaekomi from: Side Cross Top North-South	Show 2 times, coming from Osaewaza making lock or strangulation Show 2 times, from guard making lock or strangulation	Show 2 times, 3 locks in movement in part three Show 2 times, 2 strangulations in movement in part three
Lock and strangulation	Straight armbar - JuJi-Gatame Bend armbar - Ude-Garami	Cross Choke – (nami, gyaku, kata)- JuJi-Jime Wrist-Lock - Kota-Gaeshi (twisting) or Kota-Hisigi (block or stretching)	Straight leg bar - Ashi-Hisigi Naked choke - Hadaka-Jime

Group	5 th Kyu	4 th Kyu	3 rd Kyu
Throw or take-down	Throw by hip - Uke Goshi or O-Goshi Leg sweep outside - (O-Ko)-Soto-Gari Backwards sweep - Tani-Otoshi	Shoulder throw - Seoi-Nage Leg sweep inside - (O-Ko)- Uchi-Gari Show one throw/takedown backwards, one throw/takedown sideward, one throw/takedown forward	Pick-up - Te-Guruma Hip sweep - Harai-Goshi or Uchi-Mata Take-down - Hikomi-gaeshi Show, coming from part one: 2 throws or takedowns backwards, 2 throws or takedowns sideward, 2 throws or takedowns forward
Combination	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	Show 5 full combinations that earns Full-Ippon	Show a combination of minimum 1 strangulation with minimum 2 locks in movement in part three
Transport	Force opponent into the corner in 1 st part	Force opponent across the tatami in 2 nd part	
Self defense	Defend on free gripping attack on wrists	Defend on free gripping attacks on wrists and jacket	Defending on embracing attacks

The exam attacks, counterattacks and the total defends do not have to fulfill the rules of the Fighting-combat-system. All attacks, counterattacks and defends are allowed. Also, use of real attacks out of traditional self-defense are recommended.

Group	2 nd Kyu	1 st Kyu	1 st Dan
displacement techniques	Sweep when you have the opponent in a guard + control	2x Sweep when you have the opponent in a guard + control	<ul style="list-style-type: none"> • Own designed work that contains: <ul style="list-style-type: none"> ○ An overall sight of techniques of the colored belts ○ Kicks, punches, blocks of part one ○ Combinations of part two in several directions, including: <ul style="list-style-type: none"> ▪ Throwing techniques ▪ Takedown techniques ▪ Maki-Komi techniques ▪ Hikomi-Waza techniques ○ Takeover throws/takedowns ○ Combinations and takeovers of locks/strangulations in part two ○ Osae-Waza combined with locks/strangulations in part three ○ Full-Ippon combinations
1 st part	Combination of all learned blocks and attacks with attacking partner using only arms	Combination of all learned blocks and attacks with attacking partner using arms and legs	
2 nd part	Show in movement in part two, two times a lock and two times a strangulation	Show in movement in part two, three times a lock and three times a strangulation	
3 rd part	Show in movement in part three a combination containing 3 arm locks + 2 wrist locks + 1 leg lock	Show in movement in part three a combination containing 3 Osaekomi + 3 arm locks + 2 wrist locks + 1 leg lock	
Weapon	Defending on knife attack to the belly	Defending on a crossed knife attack on head and chest (backhand, forehand)	
Atemi	Downwards kick - Kakato-Geri Upwards kick to belly/chest - Maegeri-Kekomi	Backwards Kick - Ushero-Geri Backwards round house kick - Ushero-Mawashi-Geri	
Osae Waza and control	Sweep from turtle position ending in to a Osaekomi/choke	Sweep from turtle position in to a lock	
Lock an strangulation	Triangle choke by arms - Kata-Ha-Jime Triangle choke by legs - Sankaku-Jime	Bend leg lock - Ashi-Garami Triangle lock/choke by leg - Sankaku-Jime-Gatame	
Throw or take-down	One-legged take-down Two-legged take-down - Morote-Gari Sacrifice throw - Soutemi-Waza (ex: Tomoe-Nage, Yoko-Tomoe, Ko-Uchi-Gari-Maki-Komi)	Body-throw by head - Kubi-Nage (double) Leg sweep - (Okuri) (De) - Ashi-Barai	

Group	2 nd Kyu	1 st Kyu	1 st Dan
Combination	Show, 5 times a combination between two throws/takedowns with a follow-up in part three Show 5 full combinations that earns Full-Ippon and ends with lock or strangulation	Show, coming from part one, 5 times a combination between two throws/takedowns with a follow-up in part three. Use different directions * ¹ Show in part three, coming from part two, 3 times a combination between lock and strangulation or strangulation and lock	<ul style="list-style-type: none"> • After the own work, to complete the view of the examiner-commission, the examiner-sensei can ask for <ul style="list-style-type: none"> ○ Additional techniques and combinations ○ Theoretical issues that has to do with Fighting-System in general ○ Theoretical issues that has to do with rules in Fighting-System in the view of a referee
Overtake		Show, 5 times a overtake of a throw/takedown in part two with a follow-up in part three * ² Show, 2 times a overtake of a (attempted) lock or strangulation in part two * ² Show 3 times a overtake off a (attempted) lock and or a (attempted) strangulation, ending with lock or strangulation in part three * ²	
Self defense	3x Free defense on stick attack (attack: straight, backhand, forehand)	3x Free defense on knife attacks (attack: straight belly/head, backhand, forehand)	Defend on free gripping attacks on wrists and jacket + embracing attacks + Weapons attacks. Only one attacker at the time.

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

*² first your partner shows the first technique completely. The 2nd time you take over that technique

The exam attacks, counterattacks and the total defends do not have to fulfill the rules of the Fighting-combat-system. All attacks, counterattacks and defends are allowed. Also, use of real attacks out of traditional self-defense are recommended.

It is highly recommended to use 2 partners during the practical black-belt-exams, to dispose freely for the candidate

2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
<ul style="list-style-type: none"> ● Making and show a own designed work expanding 1st Dan + introducing self-defense against one and more attackers (± 20 minutes) ● After the own work, to complete the view of the examiner-commission, the examiner-Sensei(s) can ask for <ul style="list-style-type: none"> ○ Additional techniques and combinations ○ Defend on free gripping attacks on wrists and jacket + embracing attacks + Weapons attacks. ○ Theoretical issues that has to do with Fighting-System in general ○ Theoretical issues that has to do with rules in Fighting-System in the view of a referee 	<ul style="list-style-type: none"> ● Making and show a own designed work, expanding 2nd Dan + introducing working with and against knife and stick. The fighter also show work with a own chosen weapon. (in total ± 30 minutes) ● After the own work, to complete the view of the examiner-commission, the examiner-Sensei(s) can ask for <ul style="list-style-type: none"> ○ Additional techniques and combinations ○ Defend on free gripping attacks on wrists and jacket + embracing attacks + Weapons attacks. ○ Theoretical issues that has to do with Fighting-System and Jujitsu in general 	<ul style="list-style-type: none"> ● Making and show a own designed work, expanding 3rd Dan + show the own vision on the Fighting-System and on Jujitsu in general. (in total ± 40 minutes) ● After the own work, to complete the view of the examiner-commission, the examiner-Sensei(s) can ask for <ul style="list-style-type: none"> ○ Additional techniques and combinations ○ Defend on free gripping attacks on wrists and jacket + embracing attacks + Weapons attacks. ○ Theoretical issues that has to do with Fighting-System and Jujitsu in general 	<ul style="list-style-type: none"> ● Making and show a own designed work, expanding 4th Dan + show the own vision on the Fighting-System and on Jujitsu in general. (in total ± 50 minutes) ● After the own work, to complete the view of the examiner-commission, the examiner-Sensei(s) can ask for <ul style="list-style-type: none"> ○ Additional techniques and combinations ○ Defend on free gripping attacks on wrists and jacket + embracing attacks + Weapons attacks. ○ Theoretical issues that has to do with Fighting-System and Jujitsu in general

founder:



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