

APPENDIX 2

Requirements from 1st to 5th Dan Ju-Jitsu

A	Kata (*)	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
A1	E-Bo-no-Kata	X	X	X	X	X
A2	Ne-waza-Jitsu-no-Kata	-	X	X	X	X
A3	Goshin-Jitsu-no-Kata	-	-	-	X	X
A4	Kime-no-Kata	-	-	-	-	X

The Kata mentioned above are the official Seishinkai Ju-Jitsu Kata which are approved by Soke Sadatomo Harada and the Technical Board. However, it is possible to demonstrate other (international) Kata, these Kata need to be presented (at least) 6-week prior to the Black Belt Examination to the Technical Board in writing and/or by video.

(You can also choose a Karata-kata and/or any other Self-Defense Kata)

B1	Your Own Kata/Essay	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B1.1	Defenses divided over 4 series of attacks. Attack are 5 grabbing/embracing, 5 punches and kicks, 5 attacks with weapons and 5 groundattacks.	-	-	20	-	-
B1.2	Defenses divided over 4 series of attacks. Attack are 7 grabbink/embracing, 6 punches and kicks, 6 attacks with weapons and 6 groundattacks.	-	-	-	25	-
B1.3	Defenses divided over 4 series of attacks. Attack are 8 grabbing/embracing, 8 punches and kicks, 7 attacks with weapons and 7 groundattacks.	-	-	-	-	30

B2	Kicks, Strikes and Punches	Atemi-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Kicks							
B2.1	Knee Kick	Hiza-Geri	X	X	X	X	X
B2.2	Upward Kick	Kin-Geri	X	X	X	X	X
B2.3	Front Kick	Mae-Geri	X	X	X	X	X
B2.4	Side Kick	Yoko-Geri	X	X	X	X	X
B2.5	Roundhouse Kick	Mawashi-Geri	X	X	X	X	X
B2.6	Back Kick	Ushiro-Geri	X	X	X	X	X
B2.7	Backwards Circle Kick	Ushiro-Mawashi-Geri		X	X	X	X
B2.8	Forward Jump Kick	Mae-Tobi-Geri		X	X	X	X
Strikes							
B2.9	Knife-Hand Strike	Shuto-Uchi	X	X	X	X	X
B2.10	Ridge-hand Strike	Haito-Uchi	X	X	X	X	X
B2.11	Back-Kist Strike	Uraken-Uchi	X	X	X	X	X
B2.12	Elbow-Strike	Empi-Uchi	X	X	X	X	X
Punces							
B2.13	Straight Punch	Oi-Tsuki	X	X	X	X	X
B2.14	Reverse Punch	Gyaku-Tsuki	X	X	X	X	X
B2.15	Rising Punch	Age-Tsuki	X	X	X	X	X
B2.16	Heel Palm Trust	Teisho-Tsuki	X	X	X	X	X
B2.17	Hook Punch	Kagi-Tsuki	X	X	X	X	X
B2.18	Thrust with the fingers	Nukite-Tsuki	X	X	X	X	X

B2	Releasing/Freeing Techniques	Hodoki-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B2.19	With Rotation movements		X	X	X	X	X
B2.20	With Leverage Movements		X	X	X	X	X
B2.21	By Kicking, Trusting and/or punching		X	X	X	X	X
B2.22	By Using Pressure points		X	X	X	X	X
B2	Sweeping/Blocking	Uke-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Blocking with the Leg							
B2.23	Blocking with the Lower Leg	Nami-Uke	X	X	X	X	X
B2.24	Blocking with the Foot	Ashi-Uke	X	X	X	X	X

B2	Sweeping/Blocking	Uke-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Blocks with Arms/Hand							
B2.25	Rising Block	Age-Uke	X	X	X	X	X
B2.26	Downward Block	Gedan-Barai	X	X	X	X	X
B2.27	Outside Block	Soto-Uke	X	X	X	X	X
B2.28	Inward Block	Uchi-Uke	X	X	X	X	X
B2.29	Double Block High	Kakiwake-Uke-Jodan	X	X	X	X	X
B2.30	Double Block Low	Kakiwake-Uke-Gedan	X	X	X	X	X
B2.31	X Block High	Juji-Uke-Jodan	X	X	X	X	X
B2.32	X Block Low	Juji-Uke-Gedan	X	X	X	X	X
B2.33	Sweeping Block	Te-Nagashi-Uke	X	X	X	X	X
B2.34	Palm Heel block	Teisho-Uke	X	X	X	X	X

B3	Multiple Times Useable	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B3.1	Demonstrate different Throws by your own choice by using the "Plurality-System" against at least 4 basic attacks.	2	3	4	4	4
B3.2	Demonstrate different Locks by your own choice by using the "Plurality-System" against at least 4 basic attacks.	2	3	4	4	4
B3.3	Demonstrate different Strangulation-Techniques by your own choice by using the "Plurality-System" against at least 4 basic attacks.	1	2	2	3	3



B4	Joint-Lock-Techniques	Kansetsu-Waza	1e Dan	2e Dan	3e Dan	4e Dan	5e Dan
B4.1.1	Finger Locks	Yubi-Kansetsu-Waza	3	4	6	7	8
Straight Arm-Locks		Ude-Hishigi-Waza	8	9	10	12	14
B4.2.1	Locks with your hand	Ude-Osae-Gatame	X	X	X	X	X
B4.2.2	Through the Lower Arm	Kanuki-Gatame	X	X	X	X	X
B4.2.3	Through the Shoulder	Kata-Gatame	X	X	X	X	X
B4.2.4	Through the Armpit	Waki-Gatame	X	X	X	X	X
B4.2.5	Through the Loin	Juji-Gatame	X	X	X	X	X
B4.2.6	Through the Knee	Hiza-Gatame	X	X	X	X	X
B4.2.7	Through the Chest	Mune-Gatame	X	X	X	X	X
B4.2.8	Through the Belly	Hara-Gatame	X	X	X	X	X
Bent Arm/Shoulder Locks		Ude-Garami-Waza	6	7	7	10	12
B4.3.1	Downward Shoulder Torque	Ude-Garami	X	X	X	X	X
B4.3.2	Upward Shoulder Torque	Ude-Garami	X	X	X	X	X
Wrist-Locks		Kote-Kansetsu-Waza					
B4.4.1	Outward Wrist-Lock	Kote-Gaeshi	3	4	5	5	5
B4.4.2	Inward Wrist-Loc	Kote-Mawashi	3	4	5	5	6
B4.4.3	Upward Wrist-Twist	Kote-Hineri	3	4	4	4	4
B4.4.4	Returning Wrist-Lock	Kuzure-Kote-Gaeshi	2	3	4	4	4

B4	Joint-Lock-Techniques	Kansetsu-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Neck-Locks		Kubi-Kansetsu-Waza					
B4.5.1	Hair/Jaw Twirst	Kubi-Garami	3	3	4	4	5
B4.5.2	Cross Jow-Bone Twist	Kanuki-Atama-Ago	2	2	3	4	5
B4.5.3	Back Braided Neck Lock	Kubi-Hadaka-Hishigi		1	1	2	3
Leg-Locks		Ashi-Kansetsu-Waza					
B4.6.1	Straight Leg-Lock	Ashi-Hishigi	2	2	3	4	6
B4.6.2	Bent Leg-Twist	Hiza-Garami	2	2	2	3	4
B4.6.3	Foot-Turn and Twist Lock	Ashi-Kujuki	1	2	2	4	5
B4.6.4	Hip-Torque inside/outside	Koshi-Garami	-	1	2	3	4



B4	Throwing-Techniques	Nage-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Foot/Leg Throwing Techniques		Ashi-Nage-Waza					
B4.7.1	Big Outer Drop	O-Soto-Otoshi	5	6	6	7	8
B4.7.2	Bit Outer Reap	O-Soto-Gari	5	6	6	7	8
B4.7.3	Big Inner Reap	O-Uchi-Gari	2	3	3	4	4
B4.7.4	Small Inner Reap	Ko-Uchi-Gari	2	3	3	4	4
B4.7.5	Small Outer Hook	Ko-Soto-Gake	1	1	2	2	3
B4.7.6	Forward Foot Sweep	De-Ashi-Barai	2	3	3	3	3
B4.7.7	Knee-Wheel	Hiza-Guruma	1	1	2	2	2
Hip Throwing Techniques		Koshi-Nage-Waza					
B4.8.1	Large Hip-Throw	O-Goshi	3	5	7	8	9
B4.8.2	Arm around the Neck Throw	Kubi-Nage	2	4	6	7	8
B4.8.3	Hip Sweep	Harai-Goshi	2	3	3	4	5
B4.8.4	Inner-Thigh Throw	Uchi-Mata	1	1	1	2	3
B4.8.5	Hip Spring Throw	Hane Goshi	-	-	1	1	1
B4.8.6	Back Hip-Throw	Ushiro-Goshi	-	-	2	3	4
Shoulder Throwing Techniques		Kata-Nage-Waza					
B4.9.1	One Hand Shoulder Throw	Seoi-Nage	4	6	6	7	8
B4.9.2	Kneeling Shoulder-Throw	Seoi-Otoshi	1	1	2	3	4
B4.9.3	Shoulder Wheel	Kata-Guruma	-	1	2	3	4
B4.9.4	Lifting Shoulder-Throw	Age Seoi-Nage	-	1	2	4	4
B4.9.5	Leg Shoulder Throw	Ashi-Seoi-Nage	-	-	-	1	2
Hand / Arm Throwing Techniques		Te-Nage-Waza					
B4.10.1	Knee-pushing/ankle pulling	Kata-Ashi-Dori	1	2	3	4	5
B4.10.2	Shoulders pulling	Kiri-Otoshi	1	2	3	4	5
B4.10.3	Sword-Throw	Shiho-Nage	3	4	5	6	7
B4.10.4	2 Legs Front Heel Trip	Ryo-Ashi-Dori	1	2	3	4	5
B4.10.5	2 Legs Back Heel Trip	Ushiro-Ryo-Ashi-Dori	1	2	3	4	5
B4.10.6	Body-Drop Throw	Tai-Otoshi	1	2	3	4	5
B4.10.7	Scooping Throw	Sukui-Nage	-	1	2	3	4
B4.10.8	Hand Wheel Throw	Te-Guruma	-	1	2	2	3
Scissor Techniques from the Ground		Basami-Waza					
B4.11.1	Ground Scissors	Kani-Basami	1	1	2	3	4
B4.11.2	Knee-Kick/Ankle Blocking	Kani-Ashi-Basami	1	1	2	3	3
B4.11.3	Back of the Knee Scissors	Hiza-Basami	1	1	2	3	3
Sacrifice Throwing techniques		Sutemi-Waza					
B4.12.1	Corner-Throw	Sumi-Geashi	1	2	3	4	5
B4.12.2	Outer Wraparound Throw	Soto-Maki-Komi	2	2	2	3	4
B4.12.3	Side Wheel	Yoko-Guruma	1	3	4	5	6
B4.12.4	Circular-Throw	Tomoe-Nage	2	3	4	5	6
B4.12.5	Jumping in Scissors Throw	Tobi-Kani-Basami	1	2	3	4	5
B4.12.6	Valley Drop	Tani-Otoshi	1	1	2	3	4
B4.12.7	Small Inner Wraparound Throw	Ko-Uchi-Maki-Komi	1	2	3	4	5
B4.12.8	Sideways Circular-Throw	Yoko-Tomoe	1	1	3	5	6
B4.12.9	Side Separation Throw	Yoko-Wakare	-	1	1	2	3
B4.12.10	Bag of Rice Throw	Taware-Gaeshi	--	-	1	1	1

B4	Stangling/Constricting Techniques	Jime-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Naked Strangling Techniques		Hadaka-Jime-Waza	3	3	4	4	5
Collar Strangulations Techniques		Eri-Jime-Waza					
B4.13.1	Single-Wing Strangulation	Kata-Ha-Jime	1	2	3	4	4
B4.13.2	Sliding Collar Strangulation	Okuru-Eri-Jime	1	3	3	4	4
B4.13.3	Trusting Strangulation	Tsukomi-Jime	-	1	1	1	1
B4.13.4	One-Hand Strangulation	Kata-Te-Jime	-	1	1	1	1
Leg Constricting Techniques		Ashi-Jime-Waza					
B4.14.1	Kidney Scissors	Do-Jime	1	1	2	2	2
B4.14.2	Triangle Choke	Sankaku-Jime	1	1	1	2	3
B4.14.3	Neck-Leg Constricting	Kata-Ashi-Jime		1	1	1	1

B5	Groundtechniques	Ne-waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B5.1	Chaniging Positions on the Groud (mount/guard/backmount/sidemount/north-south)		5	5	5	5	5
B5.2	Hold Down Techniques	Oseakomi-Waza	5	5	5	5	5
B5.3	Freeing yourselves	Hodoki-Waza	5	5	5	5	5
B5.4	Straight Arm Bars	Ude-Hishigi-Waza	2	2	3	5	5
B5.5	Shoulder Locks	Ude-Garami-Waza	2	2	3	5	5
B5.6	Wrist Locks	Kote-Kansetsu-Waza	2	2	3	3	3
B5.7	Neck Locks	Kubi-Kansetsu-Waza	2	2	3	4	5
B5.8	Leg/Foot Locks	Ashi-Kansetsu-Waza	2	2	3	4	5
B5.9	Hip Locks	Koshi-Kansetsu-Waza	2	2	3	4	5
B5.10	Naked Choking Techniques	Hadaka-Jime-Waza	2	2	2	2	3
B5.11	Collar Choking Techniques	Eri-Jime-Waza	-	2	2	2	3
B5.12	Les Chonking Techniques	Ashi-Jime-Waza	-	2	3	4	5

B6	Attack Combinations	Sen-Sen-O-Sen	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B6.1	A Attack Combination using a striking, punching and/or kicking combination and inimiditately followed by performing a Throw or lock, or Strangulation Techniques or ending it by controlling the opponent.		1	2	3	4	4

B7	Combination of several Techniques	Renraku-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B7.1	Free Choice after failing of making the Throw		5	5	-	-	-
B7.2	Free Choice after failing of making the Lock		4	5	-	-	-
B7.3	Free Choice after failing of making the Strangulation		1	1	-	-	-
B7.4	Basis Techniques after failing to make the Throw		-	-	5	6	7
B7.5	Basis Techniques after failing to make the Lock		-	-	5	6	7
B7.6	Basis Techniques after failing to make the Strangulation		-	-	2	3	3

B8	Countering/Reversing the Attack	Kaeshi-Waza	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B8.1	Free Choice of taking over/reversing the Throw		2	3	-	-	-
B8.2	Free Choice of taking over/reversing the Lock		2	3	-	-	-
B8.3	Free Choice of taking over/reversing the Strangulation		2	3	-	-	-
B8.4	Taking over the Throw with a Throw		-	-	3	4	5
B8.5	Taking over the Lock with a Lock		-	-	3	4	5
B8.6	Taking over the Strangulation with a Strangulation		-	-	2	3	3

B9	Special Situations	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
B9.1	Transporting Uke from a sitting or laying position	3	3	3	4	4
B9.2	Helping a third person in a stand-up situation	-	-	-	5	5
B9.3	Helping a third person in laying/grond situation	-	-	-	-	5

C10	Unarmed Attacks	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
C10.1	Defending against grabbing, with pre-attack	5	5	5	5	5
C10.2	Defending against embracing, with pre-attack	5	5	5	5	5
C10.3	Defending against Atemi-Waza, with pre-attack	5	5	5	5	5

C11	Armed Attacks	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
Stick-Attacks						
C11.1	Attacks with a short Stick	X	X	X	X	X
C11.2	Attacks with a longer Stick – one or two hand	-	-	X	X	X
Knife-Attacks						
C11.3	Attacks with a knife from different directions	X	X	X	X	X
Chain/Rope-Attacks						
C11.4	Flogging with a Chain or rope	X	X	X	X	X
C11.5	Strangulations with a Chain or Rope	-	-	X	X	X

C12	“Free” Fight	Randori	1. Dan	2. Dan	3. Dan	4. Dan	5. Dan
C12.1	1 minute against two unarmed attackers		X	X	X	X	X
C12.2	1 minuit against two armed attackers		-	X	X	X	X