

BUSHIDO JU-JITSU ACADEMY

POOLE BUSHIDO JU-JITSU CLUB

BRITISH JU-JITSU ASSOCIATION

WHITE BELT

YELLOW STRIPE BELT

BLUE STRIPE BELT

PURPLE STRIPE BELT

Mat etiquette.
Left & Right side breakfall.
Front kick.
Kiai- Loud with spirt
Terminology, Dojo, Rei, Sensei,
Matte,

Demonstrate one block
Demonstrate one Punch with a Kiai
Demonstrate one kick With a Kiai

Perform front stance
Perform back stance
Perform horse stance

How to enter the class
How to rei on to the mat
How to speak to Sensei

Criteria: Membership,
Insurance, Gi & club badge.

Criteria:
Name a virtue of the Samurai.

Criteria: Regular attendance,
Insurance, Gi & club badge.

Completed:

Completed:

Completed:

Completed:

Date:

Date:

Date:

Date:

ORANGE STRIPE BELT

GREEN STRIPE BELT

BROWN STRIPE BELT

BLACK STRIPE BELT

Demonstrate two blocks with a Kiai
Demonstrate two Punches with a Kiai
Demonstrate two kicks with a Kiai

Able to do 5 good sit up's
Able to do 5 good push up's
Able to star fish

Front & back breakfall
Say NO - and walk away
Know a safety rule of the club

Perform your best tecnique to the
class
Perform any tecnique on the syllabu:
asked by Sensei

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