



GT JIU-JITSU SHODAN GRADING SYLLABUS (1st DAN)

*Research the history of jiu-jitsu and have a basic understanding of the origins of the art.

1. Basic Power Position and Movement:
 - Demonstrate power position and movements away from, and back to power position.
 - Demonstrate linear and angular movements.
 - Demonstrate defensive body movement and blocks.
2. Breakfalls (Ukemi):
 - Demonstrate breakfalls.
3. Striking (Atemi Waza):
 - Demonstrate basic punches 1 to 6.
 - Demonstrate basic punch combinations.
 - Demonstrate basic elbow and knee strikes.
 - Demonstrate basic kicks.
 - Demonstrate basic strike combinations on focus or target pads.
4. Throws (Nage Waza):
 - Demonstrate IPPON SEOI NAGE
 - Demonstrate OGOSHI
 - Demonstrate KOSHI GURUMA
 - Demonstrate TAI OTOSHI
 - Demonstrate HARAI GOSHI
 - Demonstrate HANE GOSHI
 - Demonstrate DROPPING IPPON SEOI NAGE
 - Demonstrate DROPPING TAI OTOSHI
 - Demonstrate OSOTO GARI
 - Demonstrate OUCHI GARI
 - Demonstrate UCHI MATA
 - Demonstrate SOTO MAKIKOMI
5. Ground Work (Katame Waza):
 - Demonstrate ability to maintain dominant position
 - Demonstrate ability to escape dominant position
6. Self-Defense:
 - Demonstrate standing and ground choke defenses.
 - Demonstrate front and rear double under hook defenses.
 - Demonstrate lapel grab defenses.
 - Demonstrate V-choke defenses.
 - Demonstrate kick defenses.
7. Multiple attacks with target pads.
9. Throws/grappling/striking
10. Technique at the discretion of the grading team.