



TAIJUTSU

MODERN MARTIAL ARTS BRISBANE

ADULTS CURRICULUM

Effective Striking.
Technical Throws.
Ground Control.

ADULTS | GRADING CEREMONY | JULY 2020

STUDENT DETAILS

Full Name:

Current Rank:

DEMONSTRATION REQUIREMENTS

Fitness Element: Group Warm Up

Striking Combo #1

Striking Combo #2

Technique Integration – Sequence #1

Technique Integration – Sequence #2

Sparring: 1-Round Against Higher Belt: (3-Min)

COMPONENT A | FITNESS & FUNCTIONAL MOVEMENT | 10%

Task	Quantity or Complexity	Notes	Score
Spider Crawl	Forward & Backwards		%
Crab Walk	Forward & Backwards		
Butt Scoot	Forward & Backwards		
Roll & Break Fall into Technical Stand-Up	Forward & Backwards		
Shrimp	Forward & Backwards		
Push Ups	10		
Sit Ups	10		
Squat Kicks	10		
Scorpions	10		
Triangles	10		
Sprawls	10		

COMPONENT B | STRIKING | 20%

Task	Notes	Score
Combo #1	Slip The Jab	%
	Cross	
	Left Hook	
	Switch Kick	
	Cross (Advanced Extra)	
	Leg Kick (Advanced Extra)	
Combo #2	Slip The Cross	%
	Left Hook	
	Cross	
	Round House Kick	
	Jab (Advanced Extra)	
	Inside Leg Kick (Advanced Extra)	

Striking Details:

- Correct Fighting Stance
- Correct Footwork And Angles Where Necessary
- Correct Use Of Positioning And Pivoting The Feet-Legs-Hips And Arms To Generate Power
- Telephone Guard And Shoulder Defences While Striking
- Control Of Distance
- Delivery Of Power, Speed, Precision, Rhythm, And Timing

COMPONENT C THROWS 20%		
Task	Notes	Score
O-Goshi - Basic Hip Throw		%
Osoto Gari - Basic Standing Outer Sweep		
Throw/Takedown Details:		
<ul style="list-style-type: none">• O-Goshi: Multiple Grips (Sleeve, Seam, Pistol, Tri-Cep, Lat)• Osoto Gari: Offensive Off Balancing Through Head And Spine Control, Angular Footwork, And Utilization Of Opposing Forces On The Top (Neck/Head) And Bottom Half Of The Body (Knee-Pit) For An Effortless Sweep• Understanding Of Kazushi (Off-Balancing)• Effortless Use Of Technique, Rather Than The Use Of Power And Strength• Landing And Finishing Of Technique (E.G.: Knee On Belly Control, Balance Etc)		

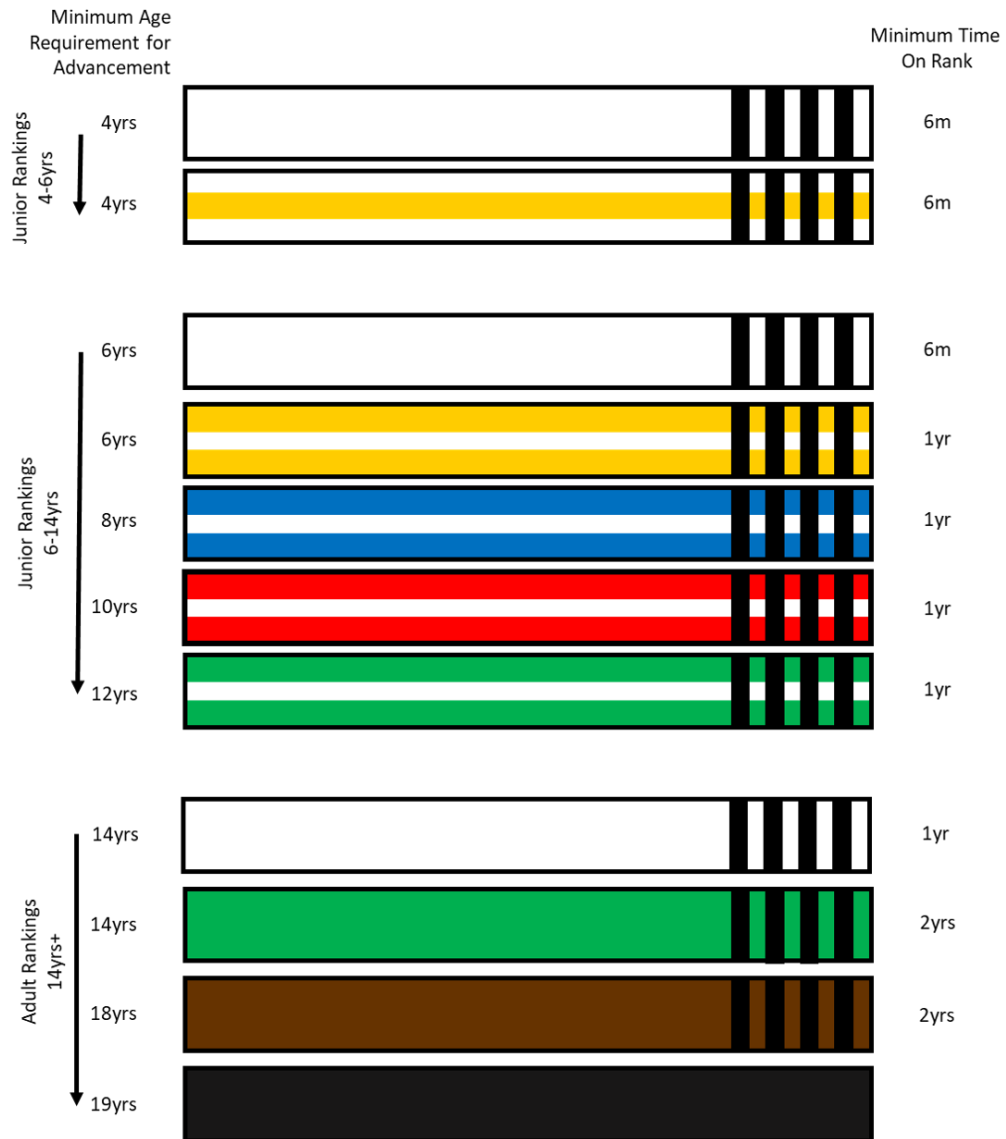
Component D Ground 20%		
Task	Notes	Score
Knee On Belly		%
Kesa Gatame		
Side Control		
Shoulder Lock Submission		
Ground Details:		
<ul style="list-style-type: none">• All Striking Opportunities Demonstrated In-Between Ground Positions• Effortless Transitions Between Positions • Correct Weight Distribution And An Understanding Of Control Points• Ability To Defend Against Counter Strikes (E.G.: Keep Body/Head Close To Minimise Damage)• Ability To Maintain Position Against Resistance		

COMPONENT E TECHNIQUE INTEGRATION 20%			
Task		Notes	Score
Sequence #1	Combo #1 With Knee Variation + Osoto Gari + Ground Flow		%
Sequence #2	Combo #2 With Knee Variation + O-Goshi + Ground Flow		%
Technique Integration Details:			
<ul style="list-style-type: none"> • Effortless Control Of Opponent And Seamless Flow Of Technique From Striking, Throwing, And Ground Positions 			

GRADING		
Score	Notes	Score
0 - 59% Re-Try		%
60 - 70% Pass		%
71 - 80% Credit		%
81 - 90% Distinction		%
91 - 100% High Distinction		%

MINIMUM REQUIREMENTS (10%)			
Task	Requirement	Actual	Grading
Attendance Record Per Week	2 sessions p/w		Pass / Fail
Mandatory Minimum Time at Belt Rank Achieved	Refer to table on page 4.		Yes / No

MANDATORY MINIMUM TIME AT BELT RANK ACHIEVED



ADULT RANKS

White Belt	Learning, discovery and implementation phase, the student is expected to focus on class attendance and absorption of knowledge (minimum time on rank: 1-year)
Green Belt	Student is expected to display a solid understanding of fundamental techniques (minimum time on rank: 2-years)
Brown Belt	Effortless and creative application of fundamentals and displays a sound understanding of advanced concepts (minimum time on rank: 2-years)
Black Belt	A deep understanding of all fundamental techniques, ability to be creative with advanced concepts and demonstrate these in pressured situations.

