



## INTRODUCTION TO JUJITSU PROMOTION FORM

### Note to Examiners

Jujitsu is a martial art focused on practical defenses against an attacker(s).

The intent of this document is to be inclusive of all of the various styles and schools that teach jujitsu. With that in mind, it is our belief that the Rank Examiner demonstrates one's ability to defend one's self (attack based, not simply a "show me") against a variety of different attackers. The applicant should be able to demonstrate this ability from both a technical aspect (i.e., demonstrating throwing, joint locking/breaking, choking, and striking techniques to display a knowledge of jujitsu appropriate for the rank tested and such techniques should be used as a response to an attack rather than in a static situation) a spontaneous aspect (i.e., demonstrating the ability to defend himself/herself without knowing the exact nature of the attack in advance.)

Please keep the following in mind when testing applicants.

- 1) Look for increased quality as well as variety with increasing rank. This can be demonstrated in many ways, including the following
  - a. Increasing control of his/her own body
  - b. Increasing ability to use the opponent's attack with minimum muscle.
  - c. Increasing effectiveness of response. The ability to demonstrate a technique when prompted is not the same as the ability to use the technique when needed.
  - d. Increasing demonstration of the appropriate attitude; i.e., the proper use of Ki.
- 2) This is not an endurance test. Allow the applicant sufficient time for water and recovery, when necessary.
- 3) The techniques used by the applicant should represent an appropriate response to the attack: i.e., the techniques use should not be designed to inflict more damage to the attacker than justified by the attack.

Our current Jujitsu manual (which is not intended to all inclusive) contains almost 200 different defenses that could be used against a variety of attacks. While it is not necessary to see each technique, it is important to see that the person being tested understands the principles that cause these techniques to work. Therefore, the examination should focus on quality of the defenses rather than simply a "show me" level of knowledge of the quantity of defenses.



While those of lower ranks will most likely rely on demonstrating their knowledge of a variety of defenses, it is the expectation that the quality and variety of the defenses rather will improve with progression in rank.

Another consideration is that in order for a person to progress to higher ranks (beyond Shodan), he/she should be contributing to the art. The ability to teach and promote the art should be considered as well as knowledge of a number of techniques.

As various schools teach or emphasis various techniques in different orders, the techniques tested should depend upon the school's style. Point scoring should be as follows:

Technique is missing or totally ineffective = 0

Basic knowledge of technique = 1

Technique works with cooperative uki but has difficulty with an attacker = 2

Techniques will work against most attackers, but use of kuzushi often lacking = 3

Techniques will work against most attackers and demonstrate the use of kuzushi = 4

Technique demonstrates efficient use of kuzushi = 5

## **Policy on Rank Promotion in Jujitsu**

**USJA Promotion Policy.** The standard USJA promotion policy is the same for both Judo and Jujitsu. That is, USJA Jujitsu Examiners may recommend promotion to any rank up to the rank below their own Jujitsu rank. For example a Jujitsu Nidan may recommend promotions up to and including Jujitsu Shodan. All Black Belt ranks require a [Background Screen](#).

**Ranks Obtained Through Other Ryu.** The USJA will recognize Jujitsu ranks awarded by other legitimate Jujitsu organizations if proof of rank is provided. A certified English translation and copy of the certificate are required. The rank will be registered with the USJA and marked on the membership card in the "Other Martial Arts" section. Promotion to a higher rank and to obtain an USJA certificate, requires examination by a certified USJA Jujitsu Examiner, under the current USJA Jujitsu rank requirements.

**Promotion Ratification and Timing.** All Jujitsu promotions are ratified through the USJA National Headquarters. Promotions are made at two levels. For Kyu ranks and Dan ranks **up to Yodan**, accredited "Jujitsu Examiner" Sensei may test and evaluate candidates, and send promotion recommendations to the National Office.



**Yodan** and above ranks must be approved by the USJA National Jujitsu Board of Examiners, which evaluated recommendations quarterly. All recommendations must be properly documented. Supporting evidence and appropriate fees must be included.

**Eligibility.** USJA members, regardless of age, may be eligible for promotion in Jujitsu when they have completed the appropriate time in grade and can demonstrate the rank requirements. Each individual must be recommended by a USJA Jujitsu Examiner.

**Technical Demonstration Requirements.** USJA members, who are candidates for USJA Jujitsu rank, must demonstrate- with balance, effectiveness, and skill level – the techniques required for the rank for which they are being examined. Other than time in grade and demonstrating the technical requirements for that rank, there are no other requirements for promotion in Jujitsu.

**Promotion Fees.** Fees for all USJA Jujitsu ranks are the same as for Judo and are listed on the Recommendation for Promotion Form.

**USJA Jujitsu Seminar Program.** In 1995, the USJA launched a nationwide Jujitsu Certification Seminar program. High Dan examiners in USJA Jujitsu conduct Jujitsu promotion and certification seminars in many states. Contact the USJA for a list of Jujitsu examiners or instructors in your area who you can contact for a USJA sponsored Jujitsu seminar.

**How do you get a Jujitsu Rank Certification and Promotion Seminar for Your Club?** To schedule a USJA Jujitsu Rank certification and promotion seminar call or write the USJA Executive Director (719) 633-7750. The director will arrange for a high Dan Jujitsu examiner to visit you. The USJA will pay his/her travel expenses. The only requirements you must guarantee that there will be at least 20 people on the mat paying a weekend fee of \$50.00 each, and you must provide room and board for the clinician's while he/she/they are with you.

For students, remote from a local Dojo, clinics are held throughout the year, which may be conveniently located near them. Another alternative is to attend one of the annual Judo/Jujitsu camps held each year at locations across the country.

**What Jujitsu Rank Will You BE Promoted To?** The general policy of the USJA is that those Judo Sensei who already have qualifying experience in Jujitsu, may well be promoted in Jujitsu to the same rank they hold in Judo. They may be promoted to a different Jujitsu rank than their Judo rank depending on their technical knowledge of Jujitsu. This would be decided by the Jujitsu Examiner conducting the seminar. However, a high rank in Judo does not automatically qualify one for the same rank in Jujitsu.



Obviously, there is a great difference in the singular *sport* of Judo, and the *sport* of Jujitsu, the **combat aspect of combat** Jujitsu and the *art* of Jujitsu. Even though Jujitsu can be described as “Judo with an attitude” Jujitsu knowledge, techniques and ability are different from Judo knowledge, techniques and ability, and employs a different outlook on what actions are performed. The competition rules mindset in Judo conflicts with the “no rules” mindset of combat in Jujitsu.

**USJA Jujitsu Rank Examiners Certification.** The USJA certifies Jujitsu Examiners according Jujitsu rank as listed on the “**Application for Certification as a USJA Jujitsu Rank Examiner.**” Jujitsu Examiner certification is not automatic as part of a promotion. Jujitsu sensei can only be certified for examiner after examination by USJA Jujitsu Board members. Only examiners certified by the USJA, are eligible to recommend candidates for Jujitsu rank promotion. The latter is an important qualification, and ensures that the candidates are truly reviewed on their Jujitsu ability and teaching quality, in addition their abilities in self-defense techniques learned in other martial arts.

**Policy on Rank Registration.** The USJA Jujitsu Division would like to accommodate all practitioners in the various styles of the art, in getting their legitimate ranks registered. To protect the validity of these ranks, we require that all requests for rank registration are accompanied by a photo copy of the latest rank certificate, and the **completely filled out** Jujitsu rank form, describing all the dates and times in grade in each previous Dan rank.

Upon entry as members, the provided rank registration will be added to our database, as described on the candidate’s provided certificate copy. No one will be promoted or accepted at higher rank level, until reviewed and tested by a qualified USJA Jujitsu Examiner or higher level rank, and/or by the USJA Jujitsu Ranking Board. This provides for formal rank **registration**, and for future **promotion**.

The USJA realizes that there are instances, where Jujitsu Sensei have been teaching independently, or have been teaching their own system for many years, and may even be Kanshi or Soke (highest ranked individual in their organization) of their own style. Since these Sensei may not have been ranked by a national organization, and no knowledge of their style may be evident, the USJA requires that evidence of quality is provided in the form of a written curriculum for the various ranks, and/or an unedited video tape of the techniques in that style.

Corroborating evidence may also be needed to be collected through visual observation by higher ranking members of the USJA Jujitsu Ranking Board. In other words, the Ranking Board needs to be convinced that the described rank compares with other national standards, particularly as it relates to total time in the various ranks.



The USJA cannot accept higher Dan ranks that are not within the time in grade schedule, as defined on the Jujitsu application form. The USJA will neither accept rank promotions that are not deemed to conform to an acceptable standard.

## Summary

Rank requirements are basically 30hours of – quality – mat time for colored belt levels, and one year from Sankyu through Ikkyu, before testing for Shodan. However, this really depends on:

- Quality training time and
- A steady frequency of attendance.

It is generally assumed and practice has proven this out that it takes from 5 to 6 years to reach black belt proficiency, student and teacher quality dependent. There are exceptions to all rules, and some students could exceed these times or even improve on the periods. The guidelines are suggestions. The real measuring stick is quality and proficiency. In other words, “standing on the mat edge for two years does not a Nidan make”.

## Kyu grade through Shodan

There are fourteen training categories from which the student must practice techniques for each rank. With exceptions of one category (Instructor Directed) the student may select the appropriate number of any technique in each category. For example, if the student is training for Rokkyu rank, two wrists grabs escapes are required. The student may select any two of the wrist grab escapes in lieu of those in the manual. This freedom of choice allows the student to select techniques that are more specific to the student's needs.

At the same time, the instructor may select any of the suggested techniques listed in the instructor directed category or may require other techniques as desired. This allows instructors who study other martial arts, to incorporate techniques from that art into the student's training.

The following chart summarizes the required number of new techniques that must be learned at each rank level from Rokkyu through Shodan.



When the student tests for rank, he/she must perform all technical requirements for the rank with skill and demonstrate the techniques learned for all previous ranks. The total number of required techniques to be examined at each rank are located in the Rank Examination Appendix of the USJA Jujitsu Manual.

## Jujitsu Rank Requirements Rokkyu through Shodan

		6K	5K	4K	3K	2K	1K	1D	Total
1	Wrist Grab Escapes	4	4	2	2	0	0	0	12
2	Clothing Grab Escapes	0	2	2	2	0	0	0	6
3	Bear Hug Escapes	2	1	1	0	0	0	0	4
4	Choke Holds	0	1	2	2	1	0	2	8
5	Choke Hold Escapes	2	1	2	1	0	0	0	6
6	Throws	0	1	2	3	3	2	1	12
7	Strikes	2	2	2	4	2	2	1	15
8	Strike Defenses	1	2	2	2	4	4	0	15
9	Weapon Defenses	0	0	0	1	2	2	2	7
10	Headlock Escapes	0	1	1	1	0	0	0	3
11	Joint Locks	0	1	2	3	2	2	0	10
12	Ground Control Holds	0	2	1	2	2	2	1	10
13	Instructor Selected *	3	2	2	2	4	6	23	42
14	Mental Training	1	1	1	1	1	1	1	7
15	Break Fall	5	0	0	3	0	0	0	8