

IRON DRAGON – COMBAT JU-JITSU – PROMOTIONAL REQUIREMENTS
These requirements are adapted in whole or in part from material provided by the USJJF.

RED IRON DRAGON MARTIAL ARTS SCHOOLS

- NATIONAL OFFICE -

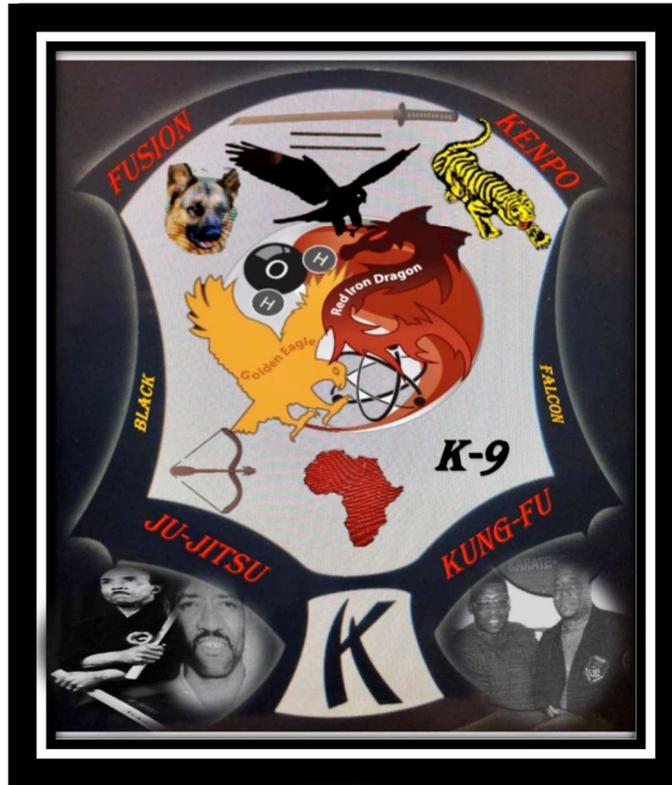
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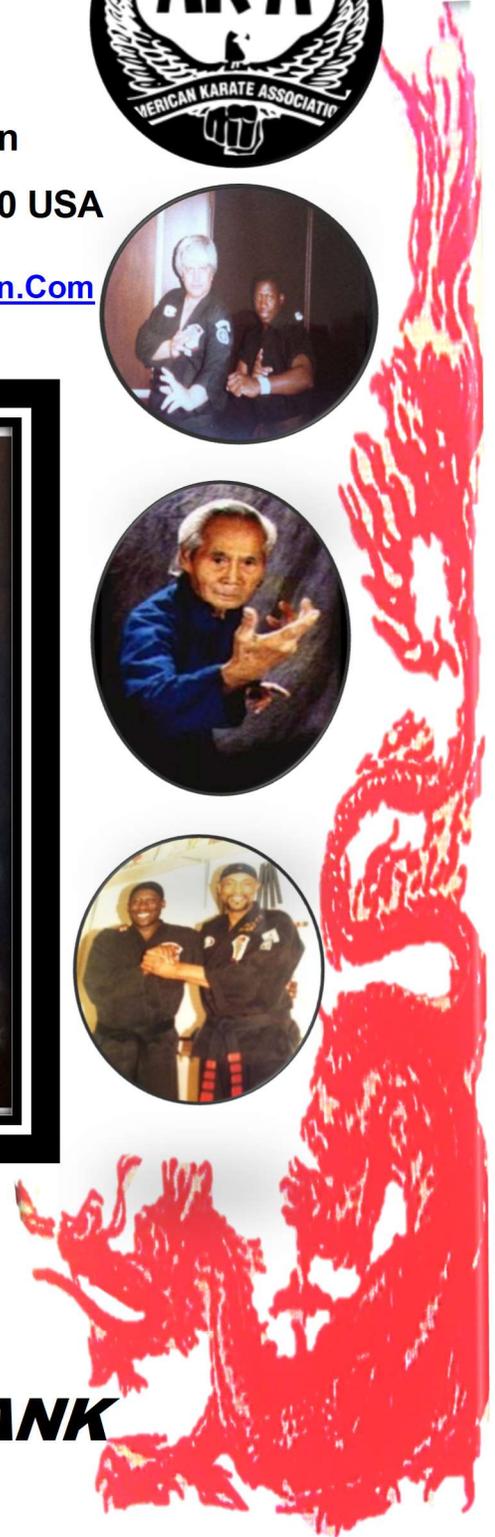
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COMBAT JU-JITSU RANK REQUIREMENTS

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FOREWORD

Practical self-defense is the cornerstone of **Baker's Red Iron Dragon**. In conjunction with maintaining a family environment conducive to training for people of all ages, the Iron Dragon has two core systems it teaches in addition to various weapons specialty branches like **Kyu-Jitsu (Combat Archery)** and **Ken-Fu Nunchaku Jutsu**. The first core Iron Dragon system is **Fusion Kenpo** which teaches a science-based approach to martial arts which can also have a positive impact on children's educational capacity in schools along with improved discipline, self-defense ability and more.

The second core system and the subject of this package is the **Combat Ju-Jitsu (CJJ)** component. CJJ is without a doubt a pure survival system focused on defending against potentially deadly attacks and delivering punishing blows to stop the immediate threat. While students may opt to participate in competition/tournaments, training is geared solely for street and combat scenarios without rules or referees. CJJ as taught in the Iron Dragon schools is a direct answer for what to do if confronted by assailants with guns, bats, chains, knives and more.

Initially compiled by **Professor Ibrahim Sharif (10th Dan)**, based on his exposure to **Dr. Moses Powell** (Sanuces Ryu), **Professor Ronald Duncan** (Ninjitsu) and **Professor James Cheatham** (Chito-Ryu); Combat Ju-Jitsu in its current form has been taught since the early 1990's as an extension of the **East Orange School of Martial Arts**.

Given the lethal nature of what was being taught under Professor Sharif, more of a focus was placed on tactical readiness/application of techniques and less on sports competition or Japanese terminology. That said, Professor Ibrahim Sharif has been known to say: "take what I have given you and grow." As such, **Professor Harry Baker (10th Dan)** has added to the CJJ system incorporating the striking and flow of kenpo and infusing into CJJ the Japanese terminology which was not the focus of prior instruction at the East Orange School of Martial Arts.

Professor Baker is a 10th Dan Black Belt in Chito-Ryu & Combat Ju-Jitsu who also holds black belt rank in Kenpo and is a U.S.A. Hall of Fame Member. His ranks have been certified at varying degrees by the **International Kenpo Karate Association (IKKA)** as well as the **American Karate Association (AKA)**. Accordingly, during the past several decades Professor Baker, has relied on his over 50 years of martial arts experience and research as well as the knowledge passed down to him by Professor Sharif and martial arts greats such as **Grand Masters Ed Parker** and **Kalaih Kano Griffen** who earned Black Belt rank directly under **Professor Vee (Florendo Visitacion)** who was a pioneer in Ju-Jitsu. However, everything must evolve and wishing to ensure clear guidelines to pass on to the next generation, Professor Baker has commissioned the Combat Ju-Jitsu Technical Committee shown below.

The Technical Committee is composed of regionally and internationally respected practitioners including Baker's primary teacher Professor Ibrahim Sharif and Baker's senior instructors **Sifu Rodney Armstrong** (8th Dan), **Sifu Sabu Rashidi** (7th Dan) and more. Because Ju-Jitsu is much older than the variations taught by Baker or Sharif, Baker has historically pushed his Black Belts to go out and absorb different styles and to bring that knowledge back to the dojo. As such, **Shihan Eldridge Hawkins, Jr.**, a lifelong student under Baker, has been charged with taking the lead in assembling this rank requirement package and fusing the various Ju-Jitsu elements into one cohesive document subject to the approval of the Technical Committee. Hawkins is a retired Police Officer and at the time of this writing a 6th Dan in **Combat Ju-Jitsu**, 5th Dan in the internationally standardized system of **US Ju-Jitsu** & Hall of Fame Member with the **United States Ju-Jitsu Federation (USJJF)**. Hawkins also holds certified Black Belt Rank in **Kenpo Ju-Jitsu** under the USJJF.

The objective of these guidelines is to assist the dojo sensei in preserving the street application of

CJJ techniques laid out by Professor Ibrahim Sharif & supplemented by Baker while simultaneously bringing the CJJ system formulaically more in line with international standards and language of martial arts in a way that can be consistently transferred from dojo to dojo and generation to generation as the Red Iron Dragon facilities expand in different jurisdictions or in the event that other practitioners taught by Professor Sharif choose to adopt this version of the system. It is modeled structurally, in part, after the written USJJF standard requirements that transcend different forms Ju-Jitsu but with the Iron Dragon distinctiveness consistent with our lineage.

This document may be utilized not only as an educational resource but for cross ranking within the Iron Dragon and external organizations. Please note, awarding institutions may adopt time in grade and age requirements stricter than that which is represented here. However, any deviation less stringent than these requirements will not be recognized by this body unless approved by the committee.

The *Combat Ju-Jitsu* Rank System is divided into seventeen separate divisions of training to include:

Posture and Stances	Tachi Waza
Body Movement	Taisabaki Waza
Striking Techniques	Ate Waza
Kicking Techniques	Geri Waza
Blocking Techniques	Uke Waza
Vital Point Techniques	Atemi Waza
Joint Locking Techniques	Kansetsu Waza
Combination Techniques	Renraku Waza
Strangulation Techniques	Shime Waza
Holding Techniques	Osae Waza
Breakfall Techniques	Ukemi Waza
Throwing Techniques	Nage Waza
Self-Defense Techniques	Goshinjitsu Waza
(counter, escapes, avoidance)	(Kaeshi, Fusegi, Furimi)
Form Exercise	Kata
Free Practice	Randori
Sparring	Kumite
Modern & Unconventional Weapons	Kobuo

These requirements are adapted in whole or in part from material provided by the USJJF.

Technical Committee

Combat Ju-Jitsu
Iron Dragon Martial Arts Schools

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COMBAT JU-JITSU TECHNICAL COMMITTEE:

Harry Baker, 10th Dan (Committee Chairman)

Ibrahim Sharif, 10th Dan

Soke Paul Johnson, 10th Dan

Soke Raven Lee Smith, 10th Dan

Leo Williams

Hanshi Bruce Bethers, 9th Dan

Sifu Rodney Armstrong, 8th Dan

Sifu Sabu Rashidi, 7th Dan

Shihan Eldridge Hawkins, Jr., 6th Dan

Master Rupert Bell, 5th Dan

Sensei Tom “Khalid” Hargrove, 1st Dan

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COMBAT JU-JITSU Rank Requirements

All candidates for both Kyu and Dan grade promotion in COMBAT JU-JITSU will be assessed by formal examination.

Kyu & Dan rank promotion within the Iron Dragon Dojo's is based upon:

- Practical application of Jiu-Jitsu spirit in everyday life
- Knowledge and understanding of Ju-Jitsu
- All-round ability in street-oriented combat
- Contribution to the Iron Dragon organization, Combat Ju-Jitsu and other distinguished accomplishments as deemed appropriate by the promoting instructors.
- Years of training manifested in both time in grade and age

NEW STUDENT, (WHITE BELT)

General Requirements:

No age requirement.

Basic knowledge of dojo rules, procedures and hygiene.

Regular dojo attendance and training.

Yellow Belt – (6th CLASS)

Sixth Class:

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized Iron Dragon Sensei.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.
5. Minimum time in grade & training requirement as a White Belt, two months.

General Knowledge:

1. Origin of Ju-Jitsu (Japan)
2. Translation of "Ju-Jitsu" (The Gentle Art)
3. Known length of Ju-Jitsu's history. (2,000 years)
4. Overview of how this version of Combat Ju-Jitsu came to be.
5. Ability to articulate how a knife attack may come based on how the

attacker is holding the knife. (Slash, Overhead or Thrust)

Understand Fundamentals of:

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
Formal Exercise	Kata	ka-tah
Natural Posture	Shizen Hontai	shee-zehn han-teye
Defensive Posture	Jigohontai	jee-goh hon-teye

General Terminology & Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Teacher	Sensei	sehn-say
2. Bow	Rei	ray
4. Thanks you very much	Arigato Gozaimashita	ah-ray-got-toe gozimas-ta
6. Technique	Waza	wa-za
7. Stop	Matte	ma-teh
8. To The Right	Migi	mee-gee
9. To The Left	Hidari	hee-dah-ree
10. It's Straight Ahead	Masugu Saki	Mah soo goo sah-kee

WAZA - Techniques

Students will demonstrate the following techniques:

TAISABAKI – Body Movements

Natural Walking	Ayumi Ashi	Ah-yoo-mae ah-shee
Sliding Step	Tsuri Ashi	soo-reei ah-shee

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ATE WAZA – Striking Techniques:

1. Knife Hand Strike	Shuto Uchi	shoo-toh oo-chee
2. Hammerfist Strike	Tettsui-Uchi	teht-soo-ee oo-chee
	or	
	Kentsui-Uchi	kehnt-soo-ee oo-chee
3. Forefist Punch	Seiken-Zuki	say-kehn zoo-keh

GERI WAZA – Kicking Techniques:

1. Front Kick	Mae Geri	mah-eh geh-ree
2. Side Kick	Yoko Geri	yoh-koh geh-ree

UKE WAZA – Blocking Techniques:

Knife Hand Block	Shuto Uke	shoo-toh oo-keh
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ATEMI WAZA – Vital Point Techniques

(Students will point out each of the below “Targets” & know the correct methods of striking the target areas.)

1. Vital Spots of the Body	Kyusho	Kee-yoo-shoh
2. Temple	Kasumi	kah-soo-mee

KANSETSU WAZA – Joint Locking Techniques:

1. Arm Lock	Ude Gatame	oo-day ga-ta-mee
2. Arm Entanglement	Ude Garami	oo-deh ga-ra-meh

SHIME WAZA – Choking Techniques:

(Not Applicable.)

OSAE WAZA – Holding Techniques:

Scarf Hold (& Escape	Kesa Gatame	keh-sah gah-tah-meh
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UKEMI WAZA – Breakfalling Techniques:

1. Basic Rear Breakfall	Koho Ukemi	koh-hoh oo-keh-mee
2. Basic Side Breakfall	Yoko Ukemi	yoh-koh oo-keh-mee

NAGE WAZA – Throwing Techniques:

1. Advanced Foot Sweep	De Ashi Harai (De Ashi Barai)	deh-ah-she-hah-rahee
2. Major Outer Reaping	O Soto Gari	oh-soh-toh-gah-ree

GOSHINJITSU – Self Defense Techniques:

(Students will demonstrate a “Basic” self-defense technique for each type of attack, “first for form” & “second with speed & power”. Each technique will include a block, escape or counter with take-down or throw, followed by a control hold or strike.)

Hook Punch White Belt Self-Defense #'s 1-5

Single Normal Wrist Grab

Single Lapel Grab

Yellow Belt Continued – At instructor’s discretion up to 5 stripes should be progressively added to the yellow belt for completion of the following material:

General Knowledge:

Brief overview of the development of Combat Ju-Jitsu and the broader historical origins of Ju-Jitsu.

Basic martial arts etiquette

Understand Fundamentals of:

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
Body Movement/ Pivoting	Tai Sabaki	tehee sah-bah-kee

General Terminology & Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Master Teacher	Shihan	shee-han
2. Place of Honor	Kamiza	kah-mee-zah
3. Shout (Union of Energy)	Kiai	kee-ahee
4. Place of Learning	Dojo	doh-joh
5. Throwing	Nage	nah-geh
6. Vital Point Techniques	Atemi Waza	ah-teh-mee wah-zal

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WAZA - Techniques

Students will demonstrate the following techniques:

TAISABAKI (Body Movement)

Pivoting (90°)	Taisabaki	tah-ee-sah-bah-kee
Pivoting (180°)	Taisabaki	tah-ee-sah-bah-kee

ATE WAZA – Striking Techniques:

Palm Heel Strike	Teisho Uchi	tay-soh oo-chee
Elbow Strike	Empi Uchi Or Hiji Ate	ehm-pee oo-chee hee-jee ah-tay
Spear hand	Nukite	new-key-tay
Back hand	Uraken	oo-rah-kehn
Monkey hand	Heraken	her-rah-kehn

Tachi Waza - Stances

Ready Stance or Parallel Stance	Heiko Dachi	he-ko
Forward Leaning Stance	Zenkutsu Dachi	zen-koot-sue
Backward Leaning Stance	Kokutsu Dachi	ko-koot-sue
Horse Stance	Kiba Dachi	key-ba
Cat Stance	Neko Ashi Dachi	nay-ko ah-she

GERI WAZA – Kicking Techniques:

(Improved ability of the following techniques)

Front Kick	Mae Geri	mah-eh geh-ree
Side Kick	Yoko Geri	yoh-koh geh-ree

UKE WAZA – Blocking Techniques:

1. Outside Block	Soto Uke	soh-toh oo-keh
2. Inside Block	Uchi Uke	oo-chee oo-keh

ATEMI WAZA – Vital Point Techniques

(Students will point out each of the below “Targets” & know the correct methods of striking the target areas.)

- | | | |
|---------|------|---------|
| 1. Nose | hana | hah-nah |
| 2. Ear | Mimi | me-me |

KANSETSU WAZA – Joint Locking Techniques:

- | | | |
|------------------------|-----------|------------------|
| 1. Pressing Wrist Lock | Kote Jime | koh-teh jee-meh |
| 2. Elbow Press | Ude Osae | oo-deh oh-sah-eh |

SHIME WAZA – Choking Techniques:

(Not Applicable)

OSAE WAZA – Holding Techniques:

- | | | |
|--------------------|--------------------|--------------------------------|
| Reverse Scarf Hold | Ushiro Kesa Gatame | oo-shee-roh keh-sah gah ta-meh |
|--------------------|--------------------|--------------------------------|

UKEMI WAZA – Breakfalling Techniques:

- | | | |
|--------------------|-------------|---------------------|
| Rolling Breakfalls | Zempo Ukemi | zehm poh oo-keh-mee |
|--------------------|-------------|---------------------|

NAGE WAZA – Throwing Techniques:

- | | | |
|------------------|-------------|-------------------|
| Major Hip Throw | O Goshi | oh-goh-shee |
| Major Inner Reap | O Uchi Gari | oh-oo-chee-ga-ree |

GOSHINJITSU – Self Defense Techniques:

(Students will demonstrate a “Basic” self-defense technique for each type of attack, “first for form” & “second with speed & power”. Each technique will include a block, escape or counter with take-down or throw, followed by a control hold or strike.)

1. Improved ability of the previous requirements.
2. Straight Thrust Knife Attack Self-Defense
3. Club/Bat Overhead Strike Self-Defense

Other Requirements:

1. Balance Points (Major – Forward – Back – Left & Right Side)
2. Kumi kata----- Fighting Grips
3. Ma-Ai-----Art of distancing yourself from your opponent

4. Ki-----Concentrated Energy
5. Aiki-----Circular dissipation of force
6. Uchi-Komi (Dynamic and Static)-- Non-Throwing Drill

Orange Belt – (5th CLASS)

Eighth Class:

General Requirements:

1. No age requirement.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. Minimum time in grade requirement as three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronouced</u>
1. Hand Techniques	Ate Waza	ah-teh wah-zah
Foot Techniques	Ashi Waza	ah-shee wah-zah
Grappling	Katame	kah-tah-meh
Break-Falling	Ukemi	oo-keh-mee
Begin	Hajime	hah-jee-meh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Spear Hand	Nukite	noo-kee-teh
One-Knuckle Fist Strike	Ippon-Ken Uchi	ee-pohn ken
Monkey Hand	Heraken	her-ahh-kin
Ridge Hand	Haito	hi-show

GERI WAZA - Kicking Techniques:

Back Kick	Ushiro Geri	oo-shee-roh geh-ree
Heel Kick	Kakato Komi	cah-cah-toe comb-me

Stomp Kick	Fumi-Komi	foo-me-comb-me
Round House Knee Strike	Mawashi-Hiza-Geri	may-wash-ee-eza-gerey
Rising Knee Strike	Age-Hiza-Geri	ah-ge-eza-gerey

UKE WAZA - Blocking Techniques:

Knife Hand Block	Shuto Uke	shoo-toh oo-keh
Upper Block	Jodan Uke	joh-dahn oo-keh

ATEMI WAZA - Vital Point Techniques

(Student will point out each of the below "targets" & know the correct methods of striking the target areas.)

1. Windpipe	Hichu	hee-chu
2. Groin	Kinteki	Ken-teh-kee

KANSETSU WAZA – Joint Locking Techniques:

1. Elbow Lock	Wake Gatame	wah-keh gah-tah-meh
2. Major Outer Press	O Soto Osae	oh-soh-toh oh-sah-eh

SHIME WAZA – Choking Techniques:

(Not Applicable.)

OSAE WAZA - Holding Techniques:

Shoulder Hold (& Escape)	Kata Gatame	kah-tah ga-tah-meh
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UKEMI WAZA – Breakfalling Techniques:

Improved ability of the previous techniques

NAGE WAZA – Throwing Techniques:

Knee Wheel Throw	Hiza Guruma	hee-zah-goo-roo-mah
Foot Stop Throw	Sasae Tsuru Komi Ashi	sah-sai soo-ree koh-mee ah-shee
Floating Hip Throw	Uki Goshi	oo-kee goh-shee
One Arm Shoulder Throw	Ippon Seoi Nage	eee-pong sai-oo-nah-gay
Major Hip Throw	O Goshi	o-go-she

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a "Basic" self-defense technique for each type of

attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.

Front Head Lock

Rear Choke

Bear Hug Attack – Front & Rear - Arms Free

5 Self-Defense Techniques Against a Straight Punch

KATA – Form Exercise

Taikyoku Shodan

Taikyoku Nidan

Purple Belt – (4th CLASS)

Fourth Class:

General Requirements:

Sound moral character.

No age requirement.

Regular dojo attendance and training.

Minimum time in grade requirement as an Orange Belt three months.

General Knowledge:

1. COMBAT JU-JITSU Belt Rank System by belt colors. (English & Japanese terminology for Black Belt ranks through 10th Dan).
2. Understanding of “Student – Teacher” relationship in the Martial Arts.

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronouced</u>
Upper	Jodan	joh-dahn
Middle	Chudan	choo-dahn
Lower	Gedan	geh-dahn
Stance	Dachi	dah-chee
Holding	Osae	oh-sah-eh
Strangling or Choking	Shime	shee-may

WAZA - Techniques

Students will demonstrate the following techniques:

KANSETSU WAZA – Joint Locking Techniques:

Inward Wrist Lock	Kote Hineri	koh-teh hee-neh ree
Outward Wrist lock	Kote Gaeshi	koh-teh gah-ee-shee

SHIME WAZA – Choking Techniques:

(Not Applicable.)

OSAE WAZA – Holding Techniques

Side Quarters Hold (& Escape)	Yoko Shiho Gatame	yoh-koh sheehoh gah-tah-meh
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UKEMI WAZA – Breakfalling Techniques

Standing Side Breakfalling	Tachi Ukemi	tah-chee oo-keh-mee
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NAGE WAZA – Throwing Techniques:

1. Shoulder Throw	Seoi Nage	see-oh-ee nah-geh
2. Elbow Drop	Hiki Otoshi	hee-kee oh-toh-shee
3. Hand Wheel	Te-Guruma	tay-gerr-room-ahh
4. Arm Entanglement Throw	Ude-Garami-Nage	ohh-di-ga-ra-me-nah-gi
5. Shoulder Drop	Seoi-Otoshi	sigh-oh-toe-she
6. Air Throw	Kuki-Nage	coo-key-nah-gi
7. Elbow Drop	Hiji-Otoshi	e-gee-oh-toe-she
8. Floating Drop	Uki-Otoshi	ew-key-oh-toe-she
9. Shoulder Wheel	Kata-Guruma	cah-tah-gerr-room-ahh
10. Body Drop	Tai Otoshi	tie-oh-toe-she

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a "Basic" self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.

Front Bear Hug Attack (arms trapped)

Rear Bear Hug Attack (arms trapped)

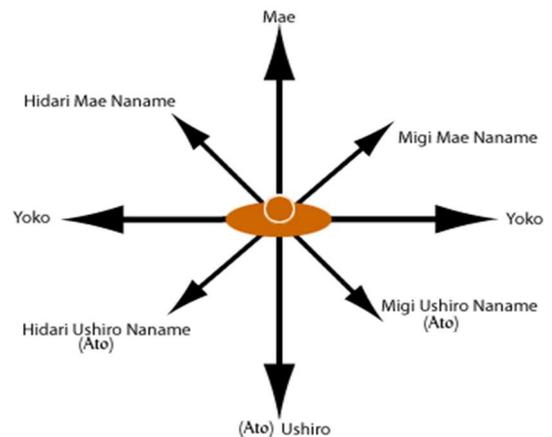
Full Nelson Attack from Behind

Knife Self-Defense – Kinfe at Throat
Pinned against the wall and pinned on the floor.

Other Requirements:

Familiarity with **Tenshin Hoppo** – 8 Directional Movement

8 Directions of Movement - Front (Mae), Back (Ushiro/Ato), Left Side (Hidari Yoko) & Right Side (Migi Yoko), Left Rear Corner (Hidari Ushiro Naname), Right Rear Corner (Migi Ushiro Naname), Front Left Corner (Hidari Mae Naname), Right Left Corner (Migi Mae Naname).



Blue Belt – (3rd CLASS)

Sixth Class:

General Requirements:

- Sound moral character.
- No age requirement.
- Regular dojo attendance and training.
- Minimum time in grade requirement as Purple Belt, three months.

General Knowledge:

- Understanding the purpose of breakfalling. (Ukemi).
- Understand the importance of "Center" (Hara).
- Understanding of "Spirit" (Ki).

Understand Fundamentals of:

- Understand the basic concept of breaking your opponent's balance & controlling his off-balance. (Happo-No-Kuzushi).
- Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).
- Introductory Randori skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Joint-Locking	Kansetsu	kan-seht-soo
2. Hand	Te	teh
3. Foot (or Leg)	Ashi	ah-shee

4. Sweeping	Harai	ha-rahee
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WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Uppercut Strike	Uraken Shomen-Uchi	oo-rah-kehn shoh-mehn-oo-chee
2. Backfist Strike	Uraken Uchi	oo-rah-kehn oochee

GERI WAZA - Kicking Techniques:

Groin Kick	Kin Geri	Keehn-geh-ree
Cutting Kick	Fumi kiri	foo-mee-keh-ree

UKE WAZA - Blocking Techniques:

Palm Heel Block	Shotei Uke	Shoh-teh-ee oo-keh
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ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Forearm Nerve	Shakutaku	shah-koo-tah-koo
Eye	Me	Meh
Knee	Hiza	Hee-zah

KANSETSU WAZA - Joint Locking Techniques:

Circular Wrist Lock	Kote Mawashi	Koh-teh mah-wah-shee
Leaf Turning Wrist Lock	Kanoa Gaeshi	kah-noh-ah gai-eh-shi
Hand Mirror	Te Garami	teh gah-rah-mee
Arm Wing Lock	Ude Henkan Gatame	oo-deh hehn-kahn gah-tah-mee
Ankle Lock Leg Entanglement	Ashi-Hishigi	

SHIME WAZA - Choking Techniques:

Single Cross Lock	Kata-Juji-Jime (Sho)	kah-tah joo-jee jee-meh
Lobster Entanglement	Ebi-Garami	ee-be-gah-rah-me

OSAE WAZA - Holding Techniques:

Upper Quarters Hold (& Escape)	Kami Shiho Gatame	kah-mee shee-hoh gah-tah-meh
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UKEMI WAZA - Breakfalling Techniques:

- | | | |
|-------------------------------|------------------------|-----------------------------------|
| 1. Standing Side Breakfalling | Tachi Yoko Ukemi | tah-chee oo-keh-mee |
| 2. Back Roll Breakfalling | Ushiro Zempo Ukemi | oo-shee-roh zehm-poh oo-keh-mee |
| 3. Basic Front Breakfalling | Mae Ukemi | mah-eh oo-keh-mee |
| 4. Jump Front Fall | Tobi Mae Ukemi | toe-be-may oo-keh-mee |
| 5. Jump Side Fall | Tobi Yoko Ukemi | toe-be-yo-koh oo-keh-mee |
| 6. Jump Rolling Fall | Tobi Zempokaiten Ukemi | toe-be zeh-po-kite-ten oo-keh-mee |

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NAGE WAZA - Throwing Techniques:

- | | | |
|--------------------------------|--------------|-----------------------|
| 1. Minor Outside Reaping Throw | Ko Soto Gari | (koh-soh-toh-gah-ree) |
| 2. Minor Inside Reaping Throw | Ko Uchi Gari | (koh-oo-chee-ga-ree) |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Single Cross Wrist Grab
2. Double Grab on One Arm
3. Double Wrist Grab

Other Requirements:

Student must know general Kappo (Resuscitation).

Green Belt – (2nd CLASS)

General Requirements:

Sound moral character.

No age requirement.

Regular dojo attendance and training.

Minimum time in grade requirement as Blue, four months.

General Knowledge:

Understand the fundamentals of escapes (fusegi waza), counters (kaeshi waza) and combination (renroku waza) techniques.

Improved ability in previous rank requirements.

Ability to teach the fundamental Ju-Jitsu skills.

Ability to explain the general concepts & foundations of COMBAT JU-JITSU.

Japanese terminology for all techniques required.

Understand Fundamentals of:

Understand the fundamental concept of "Movement Strategy" (fumiri waza and taisabaki waza) in Ju-Jitsu.

Introductory Kumite skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Counter Technique	Kaeshi Waza	kah-eh-shee wah-zah
2. Attacker (in training)	Uke	oo-keh
3. Defender (in training)	Tori	toh-ree
4. Repetition Fitting Practice	Uchi-Komi	oo-chee-koh-mee
5. Escapes	Fusegi	foo-see-gee

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Fore-Knuckle Fist Strike	Hiraken-Uchi	hee-rah-kehn oo-chee
Ridge Hand Strike	Haito-Uchi	hahee-toh oo-chee

GERI WAZA - Kicking Techniques:

Roundhouse Kick	Mawashi Geri	mah-wah-shee geh-ree
Inside Crescent Kick	Uchi Mikazuki Geri	oo-chee mee-kah-zoo-kee geh-ree

UKE WAZA - Blocking Techniques:

Hook Block	Kake Uke	kah-keh oo-keh
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ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Between The Eyes	Uto	oo-toh
Chin	Ago	ah-goh
Temple	Kasumi	kahsoo-mee

KANSETSU WAZA - Joint Locking Techniques:

Thumb Lock	Yubi Gatame	yoo-bee gah-tah-meh
Elbow Lock	Hiji Gatame	hee-jee gah-tah-meh

Outward Elbow Twist Lock	Soto Ude Gaeshi	soh-toh oo-deh gah-eh- shee
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SHIME WAZA - Necklock or Choking Techniques:

1. Reverse Cross Lock	Gyaku-Juji-Jime (Sho)	Geeah-koo joo-jee jee- meh
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OSAE WAZA - Holding Techniques:

Modified Scarf Hold (& Escape)	Kuzure Kesa Gatame	koo-zoo-reh keh-sah gah-tah-meh
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UKEMI WAZA - Breakfalling Techniques:

Front Breakfalling	Mae Ukemi	mah-eh oo-kehmee
Forward Roll Breakfalling	Zempo Kaiten Ukemi	zehm-poh kahee-tehn oo-kehmee

NAGE WAZA - Throwing Techniques:

1. Hip Wheel Throw	Koshi Guruma	koh-shee-guh-roo-muh
Lifting Pulling Hip Throw	Tsuri Komi Goshi	tsoo-ree-koh-mee goh- shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

Improved ability on all previous Goshinjitsu requirements
Front Bear Hug Attack (arms trapped) 2 Techniques
Rear Bear Hug Attack (arms trapped) 2 Techniques

GREEN BELT Continued – At instructor’s discretion up to 5 stripes should be progressively added to the Green Belt for completion of the following material:

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Bear-Paw Strike	Kumade Uchi	koo-ma-deh oo-chee
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GERI WAZA - Kicking Techniques:

Heel Round Kick	Kakato Mawashi Geri	kah-kah-toh mah-wa-shee geh-ree
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UKE WAZA - Blocking Techniques:

Pressing Block	Osae Uke	oh-sah-eh oo-keh
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ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Upper Arm	Udenarashi	oo-deh-nah-rah-shee
Shin	Mukouzune	moo-koh-zoo-neh

KANSETSU WAZA - Joint Locking Techniques:

1. Inward Elbow Twist Lock	Uchi Ude Gaeshi	oo-chee oo-deh gah-eh-shee
2. Wrist Twisting Lock	Kote Hineri	koh-teh hee-neh ree

SHIME WAZA - Necklock or Choking Techniques:

1. Normal Cross Lock	Nami-Juji-Jime (Sho)	nah-mee joo-jee jee-meh
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OSAE WAZA - Holding Techniques: (No additional)

UKEMI WAZA - Breakfalling Techniques:

Forward Roll Breakfalling	Zempo Kaiten Ukemi	zehm-poh kah ee-tehn oo-keh-mee
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NAGE WAZA - Throwing Techniques:

Four Direction Throw	Shiho Nage	shee-hoh nahgeh
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GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Double Lapel Grab
2. Bat/Club/Chain attack swung from the side.
3. Bat/Club/Chain attack swung from overhead coming down.
4. Knife Self Defense against a slash attack with defender moving to the inside of the attacker.

5. Knife Self Defense against a slash attack with defender moving to the outside of the attacker.
6. Knife Self-Defense against overhead attack moving to the inside of the attacker.
7. Knife Self-Defense against overhead attack moving to the outside of the attacker.

Note that student should be able to explain how Tenshin Hoppo applies to the body movement in these weapon self-defense techniques.

Brown Belt – (1st CLASS)

General Requirements:

Sound moral character.

Age requirement 16.

Regular dojo attendance and training.

Minimum time in grade requirement as Green Belt, 12 months.

General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental Ju-Jitsu skills.

Ability to explain the general concepts & foundations of COMBAT JU-JITSU. Japanese terminology for all techniques required.

Understand Fundamentals of:

Continued introductory Kumite skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
Way of the Warrior	Bushido	boo-shee-doh
Martial Arts	Budo	boo-doh
The Way	Do	Doh
Ranks <u>below</u> Black Belt	Mudansha	moo-dahn-shah
Black Belt Grades	Yudansha	yoo-dahn-shah
Standing Bow	Ritsurei	reet-soo-reh-ee
Kneeling Bow	Zarei	zah-rehee
Favorite Technique	Tokui Waza	toh-koo-ee wah-zah

Know the seventeen major divisions of techniques in Combat Ju-Jitsu training:

Posture and Stances
 Body Movement
 Striking Techniques

Tachi Waza
 Taisabaki Waza
 Ate Waza

Kicking Techniques	Geru Waza
Blocking Techniques	Uke Waza
Vital Point Techniques	Atemi Waza
Joint Locking Techniques	Kansetsu Waza
Combination Techniques	Renraku Waza
Strangulation Techniques	Shime Waza
Holding Techniques	Osae Waza
Breakfall Techniques	Ukemi Waza
Throwing Techniques	Nage Waza
Self-Defense Techniques (counter, escapes, avoidance)	Goshinjitsu Waza (Kaeshi, Fusegi, Furimi)
Formal Exercise	Kata
Free Practice	Randori
Sparring	Kumite
Modern & Unconventional Weapons	Kobudo

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability in all previous Ate Waza
2. Chin Press Strike Ago-Oshi Uchi ah-goh-oh-shee oo-chee
3. Neck Press Strike Kubi Age Uchi koo-bee ah-geh oo-chee

GERI WAZA - Kicking Techniques:

Stamping Kick	Fumikomi	foo-mee koh-mee
Reverse Roundhouse Kick	Gyaku Mawashi Geri	Gee-ah-koo mah-wah-shee geh-ree

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Cross Block Juji Uke joo-jee oo-keh
3. Ability to block punches, grabs & kicks in a simple on-step exercise (Ippon-Kumite).

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Top of the Head	Tento	ten-toh
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Solar Plexus	Suigetsu	soo-ee-geh-soo
Groin	Kin-Teki	kehn-teh-ee-kee
Instep	Kori	koh-ree

SHIME WAZA - Necklock or Choking Techniques:

Single Cross Lock	Kata-Juji-Jime	kah-tah joo-jee jeemeh
Reverse Cross Lock	Gyaku-Juji-Jime	geeah-koo joo-jee jee- meh
Normal Cross Lock	Nami-Juji-Jime	nah-mee joo-jee jee-meh

OSAE WAZA - Holding Techniques:

Modified Upper Quarters Hold (& Escapes)	Kuzure Kami Shiho Gatame	koo-zoo-reh ka-meh shee-hoh gah-tah-meh
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KANSETSU WAZA - Joint Locking Techniques:

1. Entangled Armlock	Ude Garami	oo-deh gah-rah-mee
2. Cross Armlock	Juji Gatame	joo-jee gah-tah-meh
3. Wrist Press	Tekubi Osae	teh-koo-bee oh-sah eh
4. Wrist Wrapping Lock	Kote Mawashi	ko-teh mah-wah-shee

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UKEMI WAZA - Breakfalling Techniques:

Forward Jumping Fall	Zempo Tobi Ukemi	zehm-poh toh-bee oo-keh-mee
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NAGE WAZA - Throwing Techniques:

Gathering Foot Sweep	Okuri Ashi Harai	oh-koo-ree ah-shee hah-rahee
Body Drop Throw	Tai Otoshi	tahee oh-toh-shee
Sweeping Hip Throw	Harai Goshi	ha-ra-hee goh-shee
Inside Thigh Throw	Uchi Mata	oo-chee-mah tah
Mountain Storm Throw	Yama Arashi	yah-mah ah-rah-shee
Elbow Lock Throw	Tenbin Nage	tehn-bihn nah-gee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

Improved ability on all previous Goshinjitsu requirements

Full Nelson

Hair Grab

Basic Counter to Osoto Gari (throw)

Basic Counter to Ogoshi (throw)

Ability to demonstrate "Step Dodge" - Kaishin (kahee-shen)

Ability to demonstrate "Side Dodge" - Yoko Furimi (yoo-koh foo-ree-mee)

Head Lock – (Front & Rear)

Brown Belt Continued – Sensei shall issue one stripe on the brown belt for completion of the next section:

Approximate time in grade at previous brown belt level – 7 Months

General Knowledge:

1. Improved ability to teach fundamental Ju-Jitsu skills.
2. Understand basic First Aid for common Dojo injuries.
3. Strong understanding of Japanese terminology for all techniques required.

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Standing Technique	Tachi Waza	tah-chee wa-za

COMBAT JU-JITSU – PROMOTIONAL REQUIREMENTS

2. Hand Technique	Te Waza	teh wah-zah
3. Hip Technique	Goshi Waza	goh-shuh-ee wa-za
4. Leg Technique	Ashi Waza	ah-shee wah-zah
5. Sacrifice Technique	Sutemi Waza	soo-teh-mee wah-zah
6. Avoidance or Dodge Waza	Furimi Waza	foo-ree-mee wah-zah
7. To Spring	Hane	hah-neh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Ability to demonstrate basic breaking skills with Ate Waza for hand & elbow techniques. NOTE: Proper "focus" (kime) & technique at this level is the primary concern regarding breaking skills (tameshiwari).

GERI WAZA - Kicking Techniques:

Outside Crescent Kick	Soto Mikazuki Geri	soh-toh mee-kah-zoo-kee geh-ree
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Improved ability in all previous Geri Waza, with ability to teach fundamentals of any previously required Geri Waza.

UKE WAZA - Blocking Techniques:

Crossed Hand Block	Yoko Juji Uke	yo-koh ju-jee oo-keh
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Improved ability in all previous Geri Waza, with ability to teach fundamentals of any previously required Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Improved ability in all previous Atemi Waza.

Liver	Inazuma	ee-na-zoo-ma
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Spleen	Tsukikage	Soo-kee-kah-geh
Abdomen	Myojo	mee-oh-joh
Base of Throat	Hichu	hee-choo

SHIME WAZA - Necklock or Choking Techniques:

Single Cross Lock variations	Kata-Juji-Jime	kah-tah joo-jee jee-meh
Reverse Cross Lock	Gyaku-Juji-Jime	gee-ah-koo joo-jee jee-meh
Naked Chokelock variations	Hadaka-Jime	hah-dah-kah jee-meh

OSAE WAZA - Holding Techniques:

Modified Side Quarters Hold	Kuzure Yoko Shiho Gatame	koo-zoo-reh yoh-koh shee-hoh gah-tah-meh
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KANSETSU WAZA - Joint Locking Techniques:

Entangled Armlock variations	Ude Garami	oo-deh gah-rah-mee
Cross Armlock (method variations)	Juji Gatame	joo-jee gah-tah-meh
Knee Lock Press	Hiza Kansetsu Osae	hee-zah kahn-seh-su sahee

UKEMI WAZA - Breakfalling Techniques:

1. Improved ability in all previous Ukemi Waza.
2. Ability to teach all previous Ukemi Waza.

NAGE WAZA - Throwing Techniques:

1. Minor Outside Dash Throw	Ko Soto Gake	koh-soh-toh-gah-keh
2. Pulling Hip Throw	Tsuri Goshi	soo-ree-goh-shee
3. Side Body Drop Throw	Yoko Otoshi	yoh-koh oh-toh-shee
4. Leg Wheel Throw	Ashi Guruma	ah-shee goo-roo-mah
5. Entering Throw	Irime Nage	ee-ree-me nah-geh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

Improved ability on all previous Goshinjitsu requirements

Ability to demonstrate "Backward Dodge" (Sorimi) (sohree-mee)

Ability to demonstrate "Pull-In Dodge" (Hikimi) (hee-kee-mee)

Ability to demonstrate "Circular Dodge" (Ryusui) (roo-soo-ee)

Front Kick

Side Kick

RANDORI WAZA

Intermediate Randori skills (recommended as supplemental training).

Brown Belt Continued – Sensei shall issue a 2nd stripe on the brown belt for completion of the following material.

First Class Continued:

General Requirements:

Sound moral character.

Age requirement 16.

Regular dojo attendance and training.

Approximate time in grade requirement at previous brown belt level - 6 months.

General Knowledge:

Ability to explain & demonstrate primary important points in the study of Combat Ju-Jitsu (form, balance, center of gravity, concentration of power, speed, rhythm, timing, as well as different considerations in defending against blunt object attacks and sharp object attacks).

Understand the importance of the development of character.

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
Good Morning	Ohayo Gozaimasu	oh-hahee-yoh goh-zahee-mahsoo
Good Afternoon	Konnichi Wa	koh-nee-chi wah
Good Evening	Konban Wa	kohn-bahn wah
How Are You?	Ikaga Desu Ka	ee-kah gah dehsoo kah
Good Bye	Sayo Nara	sahee-yoh nah-rah
Sorry	Gomennasai	Goh-mehn-nah-saheel
Excuse Me or Pardon Me	Sumimasen	Soo-meh mah-sehn

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.

Ability to demonstrate basic breaking techniques with Geri Waza.

NOTE: Proper focus (kime) & technique (waza) at this level is the primary concern regarding tameshiwari.

UKE WAZA - Blocking Techniques:

Improved ability to demonstrate & to teach all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Improved ability in all previous Atemi Waza.

Wrist	Tekubi	tay-koo-bee
Elbow	Hiji/Empi	hee-jee/em-pee
Behind the Bottom of the Ears	Dokuko	doh-koo-koh

SHIME WAZA - Choking Techniques:

1. Naked Choklock variations	Hadaka-Jime	hah-dah-hah jee-meh
2. Single Wing Lock variations	Kataha-Jime	kah-tah-ha jee-meh

OSAE WAZA - Holding Techniques:

Improved ability in all previous Osaе Waza.

Vertical Upper Quarters Hold	Tate Shiho Gatame	tah-teh shee-hoh gah-tah-meh
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KANSETSU WAZA - Joint Locking Techniques:

Entangled Armlock variations	Ude Garami	oo-deh gah-rah-mee
Cross Armlock	Juji Gatame	joo-jee gah-tah-meh

Regular dojo attendance and training.

Approximate time in grade requirement at previous brown belt level - 6 months.

General Knowledge:

Name the 5 major arteries of the body & their location –

1. Coronary arteries: Heart.
2. Carotid arteries: Brain & Spine.
3. Iliac arteries: Pelvis.
4. Femoral artery: Legs.
5. Subclavian arteries: Head neck and arms

Understand the location of the Jugular Veins in the neck and that they return blood from your brain to your heart.

Understand the general make-up of the spine & that striking C-7 can cause paralysis from the neck down –

- A. There are 7 Cervical Vertebrae in the neck
- B. There are 12 Thoracic Vertebrae in the mid back
- C. There are 5 Lumbar Vertebrae in the Lower Back

GOSHINJITSU - Self Defense Techniques:

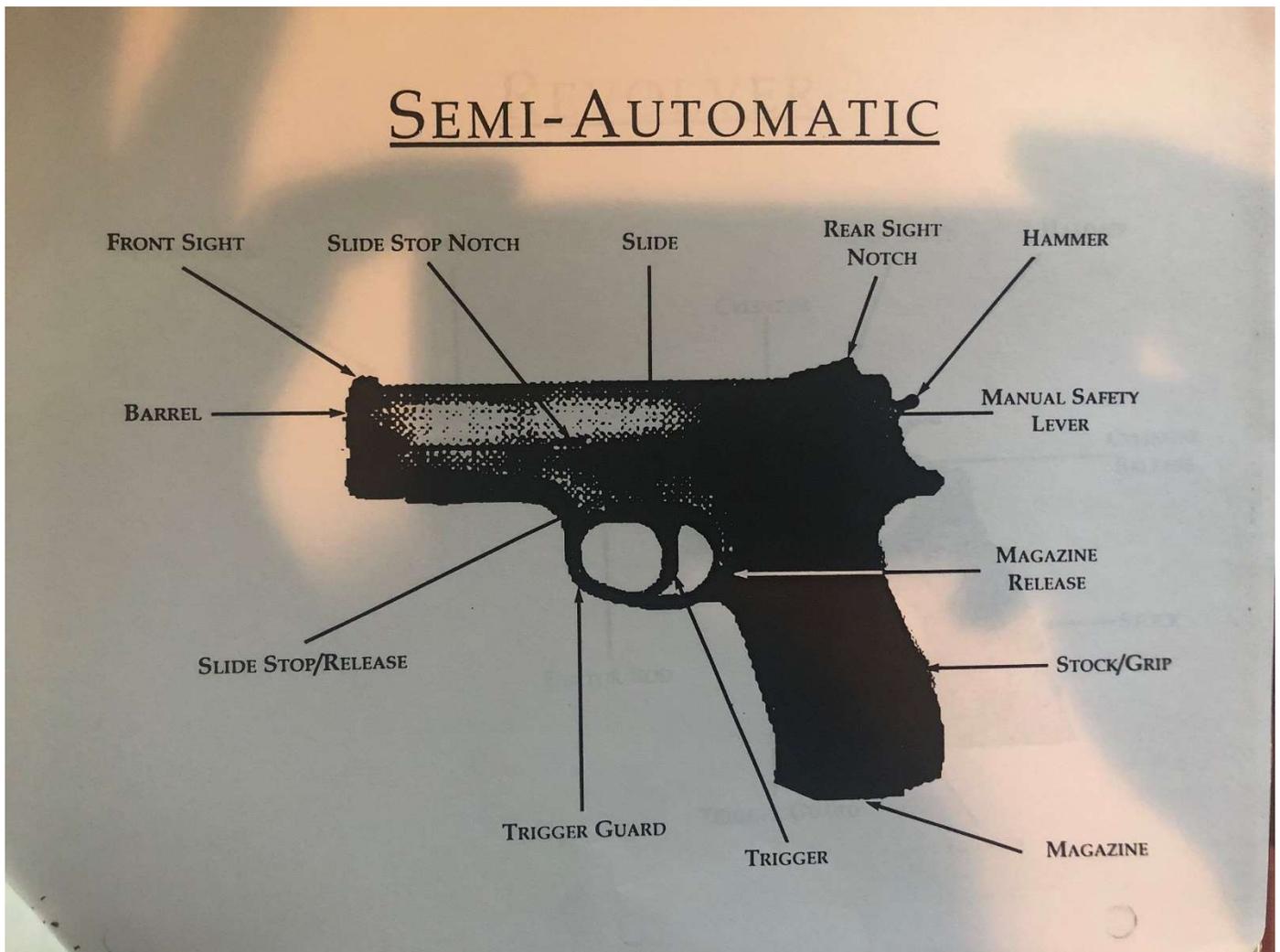
1. Improved ability on all previous Goshinjitsu requirements
2. Student shall demonstrate unscripted defense from attacks in succession from unarmed 3 unarmed attackers.
3. Student shall demonstrate unscripted defense from an attacker armed with a knife, bat, chain and an ax or machete like object.

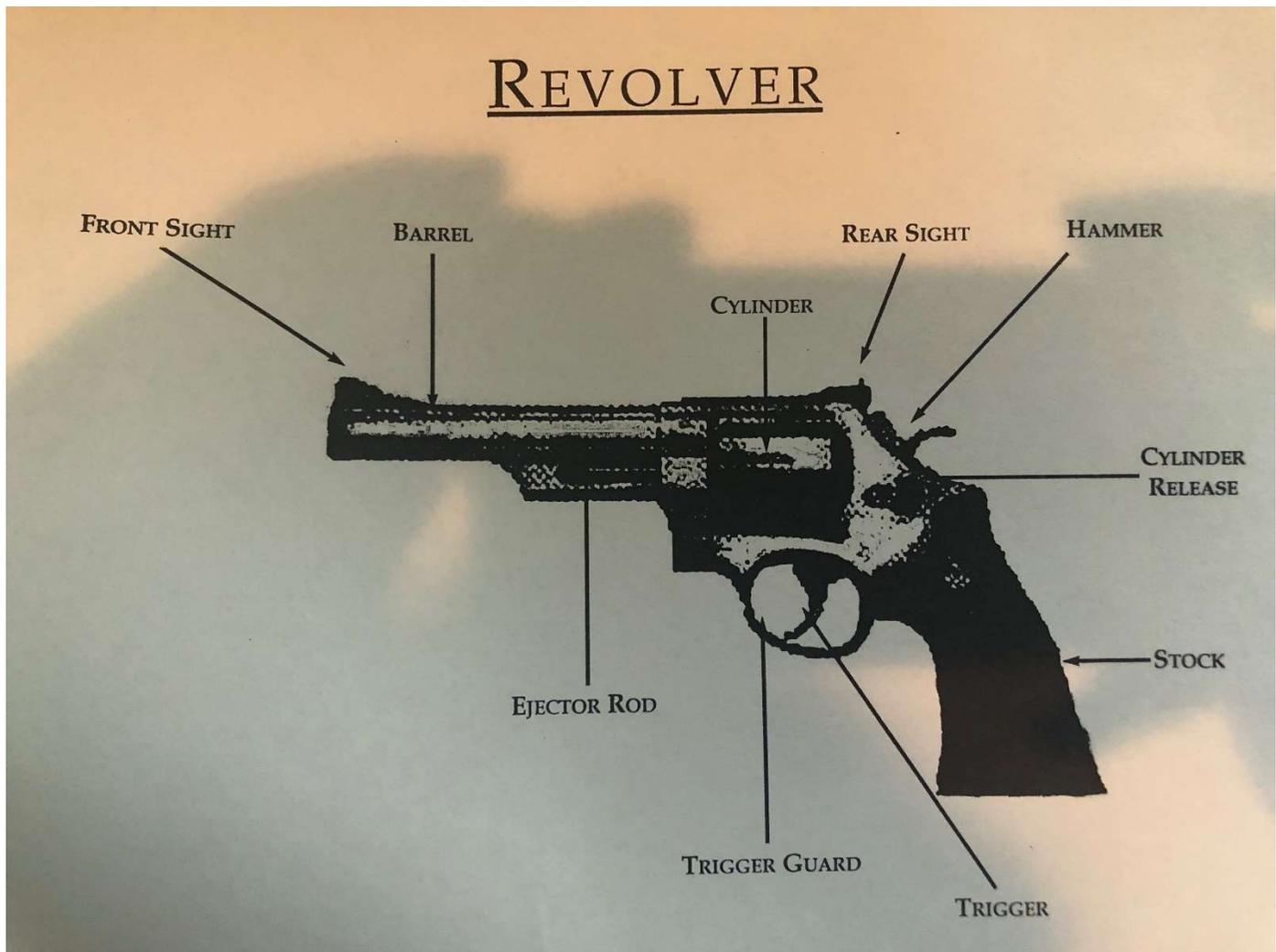
Other Requirements:

- Student shall name the anatomy of a semi-automatic hand gun
- Student shall name the anatomy of a revolver (hand gun)
- Student shall explain the difference between single action and double action in firearms.

- Student shall recite the Iron Dragon Safety Rules for active handling of a Firearm
 1. Consider guns loaded at all times.
 - a. The only guns that are not loaded are guns you unload yourself.
 - b. If you put a gun down and pick it back up, consider it loaded.
 2. Never point the weapon (muzzle) at something you are not prepared to shoot or destroy.
 3. Keep your finger off the trigger until prepared to fire the weapon.
 4. Be sure of your target.
 - a. Never shoot at a rustle or a sound.
 - b. Shoot only what you can positively identify.
 5. Safest storage of weapons at home mandates that the ammunition be stored separate from the firearm and that the weapon be stored unloaded in a locked safe or similar device. Trigger locks may also be advisable.

Make the above part of your personality and you will never have an accident!





SHODAN (Black Belt, 1st Degree)

1st Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 18 years old.
3. Regular dojo attendance and training.
4. Trained & examined by a certified Iron Dragon Instructor/Examiner.
5. Approximate time in grade as brown belt, 15 Months.

General Knowledge:

Understand the relationship between Ju-Jitsu for sport purposes and Combat Ju-Jitsu for street survival. *There are no rules. However, there may be legal consequences.*

Understand the Combat Ju-Jitsu Rank System with the significance of each belt level and the Iron Dragon relationships with international martial arts organizations such as but not limited to the United States Martial Arts Federation, United States Ju-Jitsu Federation & American Karate Association.

Understand the basics of gun self-defense before direct physical action is taken. For example: (1) The ability to “appear” compliant; (2) Giving the attacker what he/she wants may be advisable; (3) In a compliant manner moving your hands to the level of the firearm in order to reduce space and time for potential disarm; (4) If necessary, move your body off or out of the line of fire while implementing self-defense/disarmament techniques.

Understand Basic Resuscitation Techniques (Kappo). *CPR certification preferred but not required.*

Understand the connection between anatomy learned at Brown Belt level and how it applies to various techniques. *i.e.* Hadaka Jime can cut blood flow in the jugular vein to the brain causing an individual to lose consciousness.

Understand the striking areas reflected on the Monadnock **Striking Chart** below and the corresponding damage. Student should also have some concept of the use of force necessary to stop the threat.

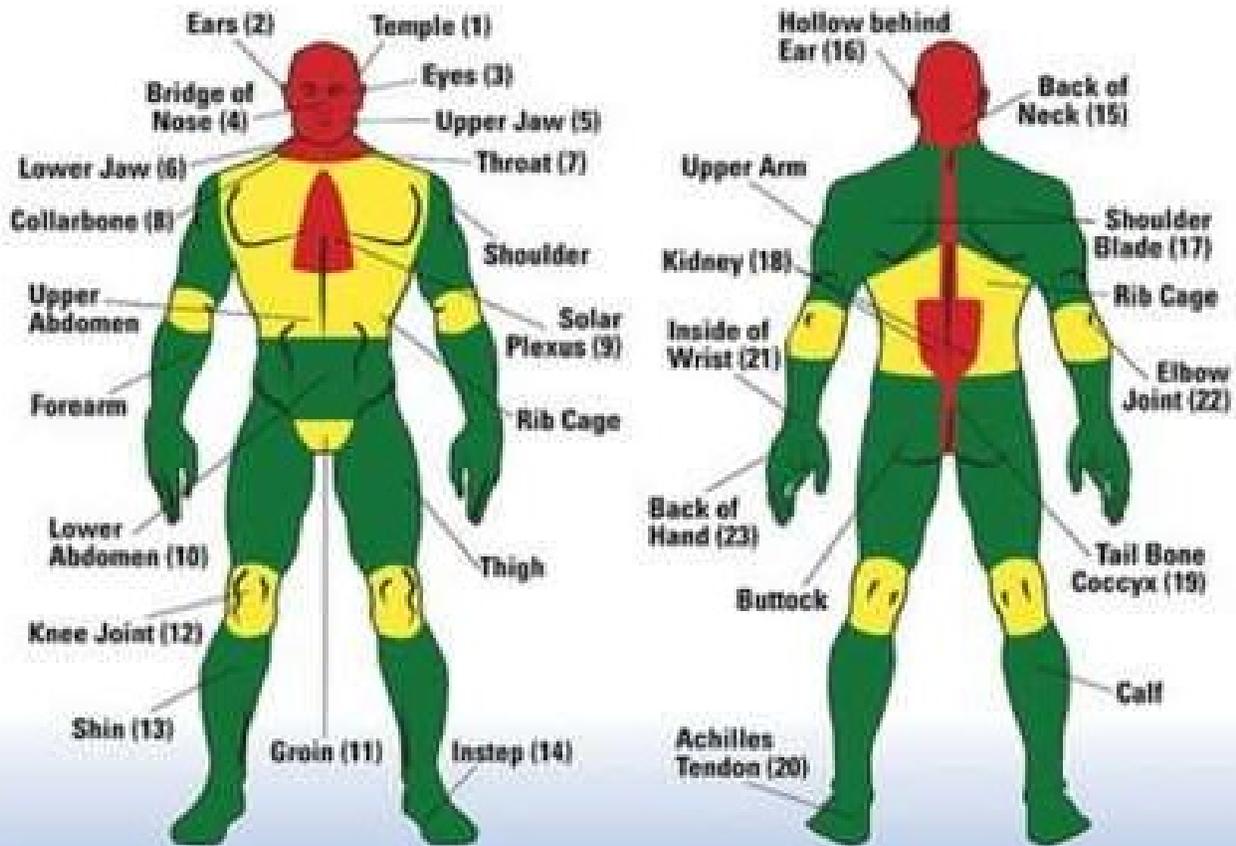
If possible, the **primary objectives** during a violent street encounter should be:
(1) to use **reasonable**, if not the **minimal force** necessary to **stop the threat**;
(2) to get home safely; and
(3) avoid **legal jeopardy** after the incident.

Note - Overwhelming force and lethal force may be warranted to stop a threat.
All practitioners should review the use of force laws in their respective jurisdictions.

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BATON CHART

Escalation of Trauma By Vital And Vulnerable Striking Areas



STRIKING AREAS

GREEN	YELLOW	RED
<p>REASONING Minimal level of resultant trauma. Injury tends to be temporary rather than long-lasting, however exceptions can occur.</p> <p>Except for the HEAD, NECK, SPINE, the whole body is a Green Target Area for the application of baton blocking and restraint skills.</p>	<p>REASONING Moderate to serious level of resultant trauma. Injury tends to be more long-lasting, but may also be temporary.</p>	<p>REASONING Highest level of resultant trauma. Injury tends to range from serious to long-lasting rather than temporary and may include unconsciousness, serious bodily injury, shock or death.</p>

When performing Basic Officers training techniques utilizing the baton chart as a reference, it is suggested to use training batons while performing all techniques. Training a training tool is not recommended to utilize training batons while performing striking, cutting, or restraint.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability in all previous Atemi Waza.

2. Spine between the shoulder blades	Katsusatsu	kah-soo-sah-soo
3. Kidney	Denko	dehn-koh
4. Coccyx	Bitei	bee-teh-ee
5. Calf	Kusazuri	koo-sah-zoo-ree

SHIME WAZA - Choking Techniques:

No Additional

OSAE WAZA - Holding Techniques:

1. Improved ability to demonstrate & teach all previous Osae Waza.

2. Vertical Upper Quarters Hold (method)	Tate Shiho Gatame (San)	tah-teh shee-hoh gah- tah-meh
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KANSETSU WAZA - Joint Locking Techniques:

1. Escapes for all Kansetsu Waza.

2. Ability to use Kansetsu Waza in Self-Defense applications.

NAGE WAZA - Throwing Techniques:

Corner Throw	Sumi Gaeshi	soo-mee gah-eh-shee
Valley Drop	Tani Otoshi	tah-nee oh-toh-shee

Scooping Throw

Sukui Nage

soo-koo-ee na-geh

Entering Throw

Irimi Nage

ee-ree-mee na-geh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Full-Turn Dodge" (Zen Tenkan)
3. Ability to demonstrate "Half-Turn Dodge" (Hon Tenkan)
4. Knife Defense against an in close thrust to stomach while being held by attacker.
5. Basic Defense Techniques for Two Attackers
6. Defense against a handgun pointed to the front of head.
7. Defense against a hand gun pointed to the left or right side of head.
8. Defense against a hand gun pointed to the back of head.

RANDORI WAZA

Advanced Randori skills (recommended as supplemental training).

NIDAN (Black Belt, 2nd Degree)

2nd Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 19 years old.
3. Regular dojo attendance and training.
4. Trained & examined by a certified Iron Dragon Instructor/Examiner.
5. Minimum time in grade requirement as Shodan, 1 year.
6. Normal time in grade requirement as Shodan, 1-2 years

General Knowledge:

1. Ability to explain "What is Ju-Jitsu" in a comprehensive manner.
2. Write an essay (approx. 500 words) on Vital Point Techniques as related to Martial Arts (Budo).

General Terminology & Japanese Phases:

English

Japanese

Pronounced

No Additional

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability to demonstrate & teach all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability to demonstrate & teach all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability to demonstrate & teach all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability to demonstrate & teach all previous Shime Waza.

Triangular Necklock	Sankaku-Jime (Sho)	sahn-kah-koo jee-meh
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OSAE WAZA - Holding Techniques:

Improved ability to demonstrate & teach all previous Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Improved ability to demonstrate & teach all previous Kansetsu Waza.
2. Escapes for all Kansetsu Waza thru IK-Kyu.

NAGE WAZA - Throwing Techniques:

Changing Hip Throw	Utsuri Goshi	oo-soo-ree goh-shee
Floating Body Drop Throw	Uki Otoshi	oo-kee oh-toh-shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

COMBAT JU-JITSU – PROMOTIONAL REQUIREMENTS

1. Improved ability to demonstrate & teach all previous Goshinjitsu requirements.
2. Basic Gun Defense with gun pointed to stomach/lower back
3. Gun Defense with gun pointed at front of head while student is on back and attacker is in mounted position.
4. Multi-Attacker Defenses improved proficiency
5. Kinfe thrust to the chest Defenses from seated position

KUMITE WAZA

Advanced Kumite skills (recommended as supplemental training).

OTHER REQUIREMENTS

Student must show firearm proficiency by any of the following measures:

1. Pass a handgun shooting qualification course conducted by a certified NRA or Law Enforcement Instructor. The course should also contain a use of force law review.
2. Spend/Log 10 shooting hours in an authorized gun range with an Iron Dragon Black Belt of higher rank who is an active or retired law enforcement officer combined with one hour of dojo class time outlining the “use of force laws” in the local jurisdiction.
3. Active or Retired Law Enforcement Officers or Military who maintain the legal ability to carry a firearm or did so in the natural course of their daily employment are exempt from the above provisions.

Note: It is recommended but not required that all Black Belts of this Dan grade or higher who maintain the physical ability to responsibly shoot and carry a firearm obtain a license to carry same, if available/authorized in their respective jurisdiction of residence.

SANDAN (Black Belt, 3rd Degree)

3rd Level - Advanced Student:

General Requirements:

1. Be an Assistant Teacher of Combat Ju-Jitsu. Minimum age - 20 years old.
 2. Sound moral character.
 3. Regular dojo attendance and training.
 4. Examined by a certified Iron Dragon Instructor/Examiner.
- Minimum time in grade requirement as Nidan, 2 years.
Normal time in grade requirement as Nidan, 2-4 years

General Knowledge:

1. Extensive knowledge & understanding of the Iron Dragon operations:
 - a. Organization & Administration
 - b. Purpose or Mission
 - c. Primary Leaders
 - d. Rank Policy
 - e. Relationship with other Martial Arts and Organizations

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Ability to demonstrate & teach all previous Ate Waza with strong technical skill.

GERI WAZA - Kicking Techniques:

Ability to demonstrate & teach all previous Geri Waza with strong technical skill.

UKE WAZA - Blocking Techniques:

Ability to demonstrate & teach all previous Uke Waza with strong technical skill.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Ability to demonstrate & teach all previous Atemi Waza with strong technical skill.

SHIME WAZA - Choking Techniques:

Improved ability in all previous Shime Waza.

Sliding Label Lock (any variation)	Okuri-Eri-Jime	oh-koo-ree eh-ree jee-meh
Sleeve Wheel Necklock	Sode Guruma Jime	soh-deh goo-roo-mah jee-meh
Triangular Necklock	Sankaku-Jime	sahn-kah-koo jee-meh

OSAE WAZA - Holding Techniques:

Ability to demonstrate & teach all previous Osaе Waza with strong technical skill.

KANSETSU WAZA - Joint Locking Techniques:

Ability to demonstrate & teach all previous Kansetsu Waza with strong technical skill.

NAGE WAZA - Throwing Techniques:

Outside Wheel Throw	Soto Guruma	soh-toh goo-roo-mah
Floating Technique	Uki Waza	oo-kee wah-zah
Side Body Separation	Yoko Wakare	yoh-koh wah-kah-reh
Side Wheel Throw	Yoko Guruma	yoh-koh goo-roo-mah

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

1. Ability to demonstrate & teach all previous Goshinjitsu Waza with strong technical skill.
2. Advanced Defenses from seated position attacked by blunt object and/knife
3. Basic Defense against empty hand attacks utilizing a: Sock, Belt, Extension Cord.
4. Basic Defense against knife & blunt object attacks utilizing a: Sock, Belt, Extension Cord.

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

YONDAN (Black Belt, 4th Degree)

4th Level - Skilled Technician:

General Requirements:

1. Be an Assistant Teacher of Combat Ju-Jitsu
2. Minimum age - 25 years old.
3. Sound moral character.
4. Regular dojo attendance and training.
5. Examined by a certified Iron Dragon Instructor/Examiner.
6. Minimum time in grade requirement as Sandan, 3 years.
7. Normal time in grade requirement as Sandan, 3-5 years

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in demonstrating & teaching all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in demonstrating & teaching all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in demonstrating & teaching all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability in demonstrating & teaching all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability in demonstrating & teaching all previous Shime Waza.

OSAE WAZA - Holding Techniques:

Improved ability in demonstrating & teaching all previous Osaе Waza.

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KANSETSU WAZA - Joint Locking Techniques:

Improved ability in demonstrating & teaching all previous Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

Rear Throw	Ura Nage	oo-rah nah-geh
Backward Hip Throw	Ushiro Goshi	oo-shee-roh goh-shee
Corner Body Drop Throw	Sumi Otoshi	soo-mee oh-toh-shee
Side Dashing Throw	Yoko Gake	yoh-koh gah-keh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability in demonstrating & teaching all previous Goshinjitsu Requirements.
2. "Trapping Hands" Basic knife fighting drill (sticky hands - parry & deflection of overhead and side knife attack). Student should be aware of how to protect critical tendons and ligaments in hand while deflecting or implementing this technique.
3. Utilizing drill above, progress to moving behind attacker (blind side) implementing a lock or finishing blow with knife.
4. Student must demonstrate 20 self-defense techniques with following items.
 - Umbrella
 - Arnis sticks
 - Pens
 - Pencil
 - Tie
 - Sock
 - Keys
 - Pots
 - Shoes

OTHER REQUIREMENTS

Student Must be able to identify shotgun anatomy.
Student must be able to identify variety of shotgun.
Student must know shotgun safety.

GODAN (Black Belt, 5th Degree)

5th Level - Skilled Technician:

General Requirements:

1. Active Teacher & Leader of COMBAT JU-JITSU.
2. Minimum age - 30 years old.
3. Excellent moral character.
4. Regular dojo attendance and training.
5. Examined by a certified Iron Dragon Instructor/Examiner.
6. Minimum time in grade requirement as Yondan, 4 years.
7. Normal time in grade requirement as Yondan, 4-6 years
8. Understand **Bushido Code** of the **Samurai** which still carries relevance in today's world. It is as follows.
 - Honor
 - Courage
 - Benevolence or Mercy
 - Respect or Politeness
 - Honesty & Sincerity
 - Rectitude or Justice
 - Loyalty
 - Character & Self Control
9. Write an essay (approx. 500 words) on the Bushido Code & how it transcends life to martial arts.

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in all previous Ate Waza.
Strong Teaching Skills for Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.
Strong Teaching Skills for Geri Waza.

UKE WAZA - Blocking Techniques:

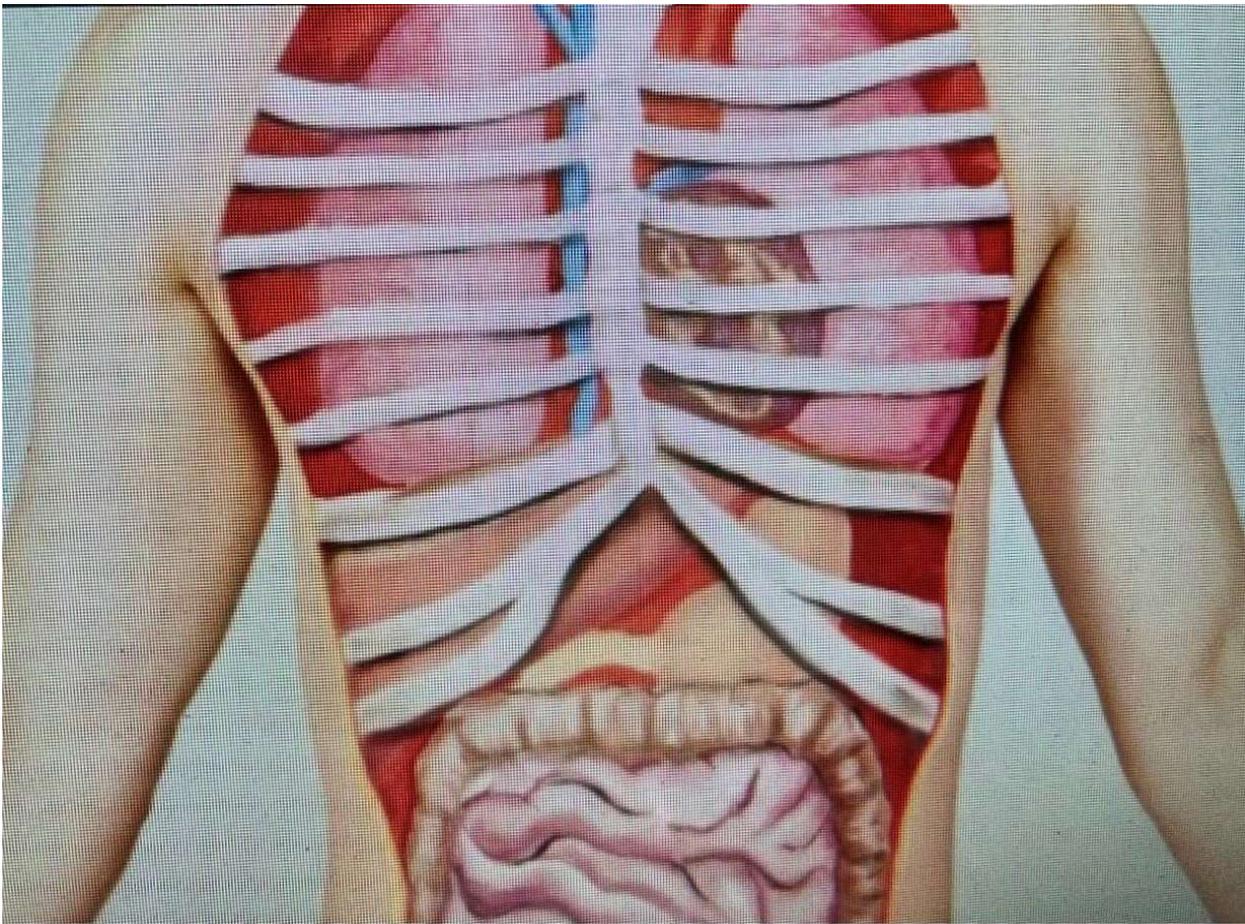
1. Improved ability in all previous Uke Waza.
2. Strong Teaching Skills for Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability in all previous Atemi Waza.
Strong Teaching Skills for Atemi Waza.

The ability to figurately see into the body with a “Visionary Anatomy” mindset or X-Ray Vision and demonstrate where on the body are ideal areas to cut or penetrate in a knife fight when heightened level use of force is justified.

Student shall demonstrate this knowledge using in part the below chart, any attachments to this document and live demonstration with a safe training knife on a partner.



SHIME WAZA - Choking Techniques:

Improved ability in all previous Shime Waza (& escapes).

Strong Teaching Skills for Shime Waza.

OSAE WAZA - Holding Techniques:

1. Improved ability in all previous Osae Waza (& escapes).

2. Strong Teaching Skills for Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

Improved ability in all previous Kansetsu Waza (& escapes).

Strong Teaching Skills for Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

Two-Hand Reap

Morote Gari

moh-roh-teh gah-reh

One-Hand Drop

Kuchiki Taoshi

koo-chee-kee tah-oh-
shee

Heel Trip

Kibisu Gaeshi

kee-bee-soo gah-eh-
shee

Inner Thigh Reaping

Uchimata Sukashi

oo-chee-mah-tah soo-

Throw Slip

kah-shee

Swallow Counter

Tsubame Gaeshi

soo-bah-mee gah-eh-
shee

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GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self-defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

Improved ability on all previous Goshinjitsu requirements

Strong Teaching Skills for Goshin Jitsu Waza.

Pressure Testing of previous self-dense techniques with real resistance by the attacker at discretion of the dojo sensei.
Protective padding may be advisable.

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

KUMITE WAZA

Continued advanced Kumite skills (recommended as supplemental training).

ROKUDAN (Black Belt, 6th Degree)

Teacher Level: (SENSEI)

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

Be an Active Teacher & Leader of COMBAT JU-JITSU. Minimum age - 35 years old.

Outstanding moral character.

Regular dojo attendance and training.

Examined by a certified Iron Dragon Instructor/Examiner.

Minimum time in grade requirement as Godan, 5 years.

Normal time in grade requirement as Godan, 6-8 years

Understand Advanced Theories of:

1. Understand the "Thick Face Black Heart – The Warrior Philosophy for Conquering Life and Business " by Chin-Ning Chu
2. Write an essay (approx. 1000 words) on the above topic.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Expert demonstration & teaching skills in Ate Waza.

GERI WAZA - Kicking Techniques:

Expert demonstration & teaching skills in Geri Waza.

UKE WAZA - Blocking Techniques:

Expert demonstration & teaching skills in Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Able to point out all "targets" and know the correct methods of striking the target areas.)

Expert demonstration & teaching skills in Atemi Waza.

SHIME WAZA - Choking Techniques:

Expert demonstration & teaching skills in Shime Waza (& escapes).

OSAE WAZA - Holding Techniques:

Expert demonstration & teaching skills in Osae Waza (& escapes).

KANSETSU WAZA - Joint Locking Techniques:

Expert demonstration & teaching skills in Kansetsu Waza (& escapes).

NAGE WAZA - Throwing Techniques:

Large Outer Reaping Throw Counter	Osoto Gaeshi	oh-soh-toh gah-eh-shee
Large Inner Reaping Throw Counter	Ouchi Gaeshi	oh-oo-chee gah-eh-shee
Small Inner Reaping Throw Counter	Kouchi Gaeshi	koh-oo-chee gah-eh-shee

Hip Spring Counter	Hane Goshi Gaeshi	hah-neh goh-shee gah-eh-shee
Hip Sweep Counter	Harai Goshi Gaeshi	hah-rehee goh-shee gah-eh-shee
Inner Thigh Reaping Throw Counter	Uchi Mata Gaeshi	oo-chee mah-tah gah-eh-shee

GOSHINJITSU - Self Defense Techniques:

(Demonstrate multiple self-defense techniques for each type of attack, "with form, speed & power". Each technique will include block, escapes or counter with take-down or throw & control hold or strike.

1. Improved ability in all GOSHINJITSU Techniques

SHICHIDAN (Black Belt, 7th Degree)

Senior Teacher Level: (SENSEI)

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

1. Be an Active Senior Teacher & Leader of COMBAT JU-JITSU.
2. Minimum age - 40 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
5. Examined by a certified Iron Dragon Instructor/Examiner.
6. Minimum time in Grade requirement as Rokudan, 6 years.
7. Normal time in grade requirement as Rokudan, 8-10 years
8. Minimum age, 40 years old.

Understand Advanced Theories of:

Grand Master Ed Parker's Encyclopedia of Kenpo: Economy of Motion - Ju-Jitsu application.

Entails choosing the best available weapon for the best available angle, to insure reaching the best available target in the least amount of time, while still obtaining the desired result.

Any movement that takes less time to execute, but still causes the effect intended... Any movement that inhibits or does not actively enhance the effect intended is categorized as WASTED MOTION.

Understand the “Eight Factors” or considerations involved in freestyle/combat that must be considered or anticipated in order to be victorious:

- (1) Environment;
- (2) Range;
- (3) Positions;
- (4) Maneuvers
- (5) Targets
- (6) Natural Weapons
- (7) Blocks
- (8) Cover

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Senior Expert Instructor of Ate Waza.
2. Expert Skill in demonstrating all Ate Waza.

GERI WAZA - Kicking Techniques:

1. Senior Expert Instructor of Geri Waza.
2. Expert Skill in demonstrating all Geri Waza.

UKE WAZA - Blocking Techniques:

1. Senior Expert Instructor of Uke Waza.
2. Expert Skill in demonstrating all Uke Waza.

ATEMI WAZA - Vital Point Techniques:

1. Senior Expert Instructor of Atemi Waza.
2. Expert Skill in demonstrating all Atemi Waza.

SHIME WAZA - Choking Techniques:

1. Senior Expert Instructor of Shime Waza (& escapes).
2. Expert Skill in demonstrating all Shime Waza.

OSAE WAZA - Holding Techniques:

1. Senior Expert Instructor of Osae Waza (& escapes).
- Expert Skill in demonstrating all Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Senior Expert Instructor of Kansetsu Waza (& escapes).

Expert Skill in demonstrating all Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

1. Scissors Throw	Kani Basami	kah-nee bah-sah mee
2. One Leg Entanglement Throw	Kawazu Gake	kah-wah-zoo gah-kee
3. Large Outside Winding Throw	Osoto Makikomi	oh-soh-toh mah-kee-koh- meh
4. Inner Thigh Winding Throw	Uchi Mata Makikomi	oo-chee mah-tah mah- kee-koh-meh
5. Hip Sweep Winding Throw	Harai Makikomi	hah-rahee mah-kee-koh- mee

GOSHINJITSU - Self Defense Techniques:

1. Senior Teacher of all CJJ Goshinjitsu.
2. Exposure to KIME NO KATA and other USJJF Kata not already included in this material.

HACHIDAN (Black Belt, 8th Degree)

Master Teacher Level: "Regional Leader of CJJ"

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

Minimum time in Grade Requirement as Shichidan, 7 years.
Normal time in grade requirement as Shichidan, 9-11 years
Minimum age, 50 years old

KUDAN (Black Belt, 9th Degree)

"Grand Master": "National Leader of CJJ"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

Minimum time in Grade Requirement as Hachidan, 8 years.
Normal time in grade requirement as Hachidan, 12-14 years
Minimum age, 60 years old

JUDAN (Black Belt, 10th Degree)

"Grand Master or Grand Professor": "CCJ System Leading Authority"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

Minimum time in Grade Requirement as Kudan, 9 years.
Normal time in Grade Requirement as Kudan, 13-16 years
Minimum age, 70 years old.

Note: *There are no technical requirements for the 8th, 9th, & 10th ranks. If the Iron Dragon Technical Committee does not have knowledge of the technical ability of the candidate in question, he or she may be required to demonstrate the requirements for Shichidan. The Red Iron Dragon or the Combat Ju-Jitsu Technical Committee must approve all promotions to these ranks. **The primary requirements for 8th, 9th, and 10th Degree Black Belt are moral character and***

outstanding service to the Iron Dragon and Combat Ju-Jitsu system. These requirements should also be taken into consideration for promotion to 6th and 7th Dan.

Questions which the Iron Dragon or CCJ Technical Committee will discuss regarding candidates for these very high ranks are:

Outstanding Moral Character. Is this person honest in word and deed? Does this person possess patience, compassion, courage, and all other virtues listed in the Bushido Code of The Samuri?

Outstanding Service. Has this person made original contributions to the theory of Combat Ju-Jitsu, or in teaching Combat Ju-Jitsu? Is this person actively teaching Ju-Jitsu? **Is this person a Regional, National and or International Leader in representing the Iron Dragon or CCJ?** How many articles, manuals or books on Combat Ju-Jitsu has this person written? What Leadership roles in the Iron Dragon or CCJ and contributions to ju-jitsu has this person made?

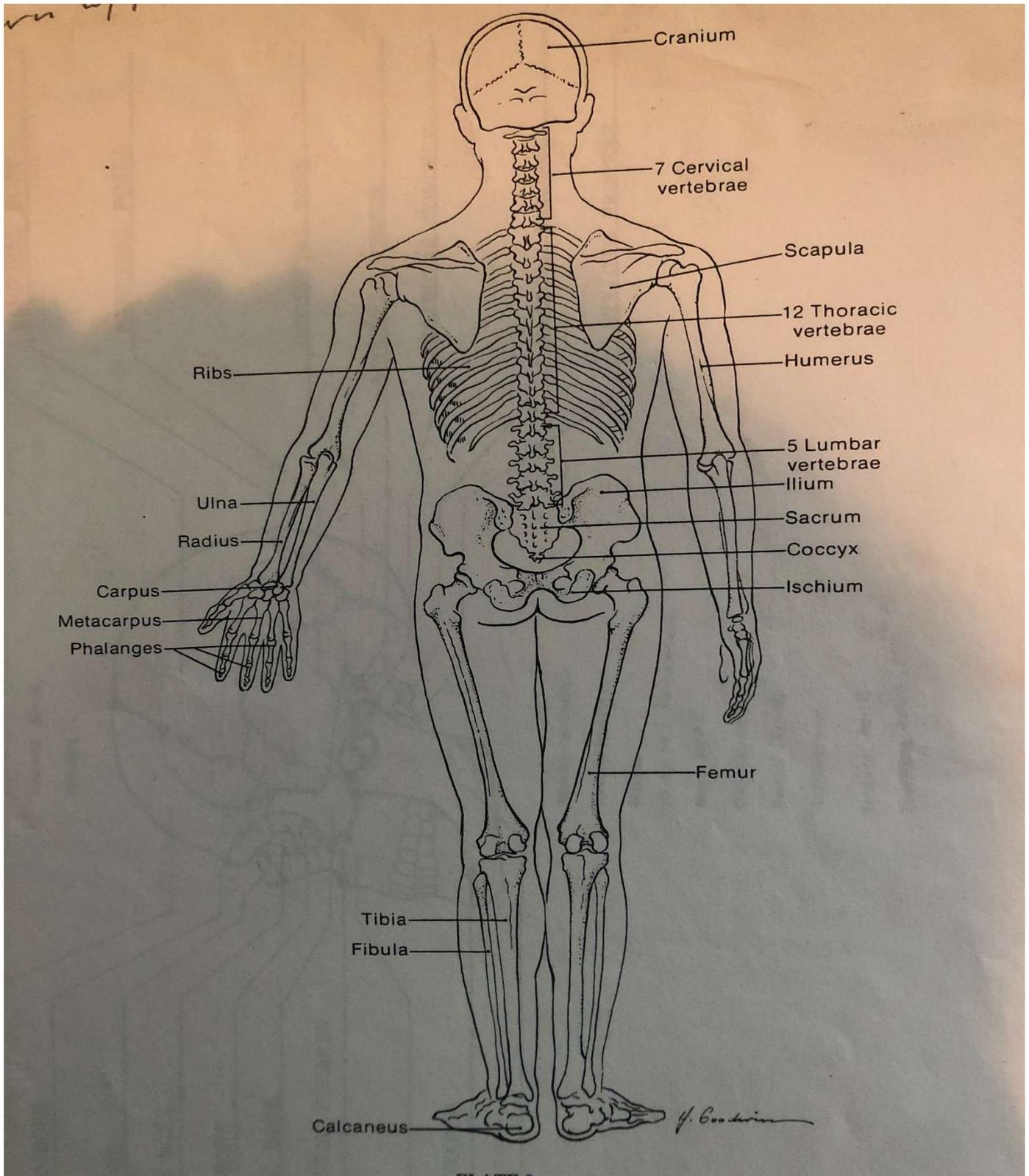
Outstanding Loyalty to the Iron Dragon. Does this person constantly support the Iron Dragon with "**time, talent, & treasure**"? Can this person be counted on in public to stand up for the Iron Dragon ideals and proper delivery of the CCJ system?

Does this person possess outstanding technique? Can he or she demonstrate all of the Rank Requirements of Combat Ju-Jitsu?

Note: *Not all candidates will possess outstanding achievement in every area listed. Our Federation should be able to point to every Hachidan and higher rank and tell young people to model their actions and their character after these leaders.*

**These requirements are adapted in whole or in part from material provided by the USJJF.*

EXTRA MATERIALS



Example of inner workings of a Semi-Automatic Handgun



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