

Introduction to Japanese Jujitsu

Standard Course Outline

This course is designed to introduce the student to the art of Japanese Jujitsu. The course will examine Japanese historical and cultural influences on the art and its influence on a global scale. Students will learn basic Japanese vocabulary and specific arts in phonetic Japanese during practice of the art. Initial study and practice will be on tumbling, and the physical science concepts of balance, leverage and momentum. Students will be required to keep a Notebook with procedural writing on how the art is done. Once students are proficient in tumbling and basic motion principals, students will be introduced to throwing forms and the Olympic Sport derived from jujitsu called Judo. Instruction will be in English, and students will not be required to write in Japanese.

I. General Information

- Title: Introduction to Japanese Jujitsu
- Units: 5 Semester
- Prerequisites: Waiver Signed
- Responsible Faculty: Silas Radcliffe

II. Catalog Description

No Prerequisites required. General procedural writing skills will be taught. Students will be awarded elective credit based on daily attendance, participation, and notebook.

III. Justification

To increase:

- *student attendance to the end of the day at school*
- *breadth of electives*
- *physical education.*

IV. Course Objectives and Measurable Outcomes

- *Instructor physical observation on each art listed in Rank Requirements*
- *Instructor Grade on procedure Notebook based on Rubric*
- *Students can recite Japanese name of art after an observation/participation or perform the art once given the Japanese Name.*

V. Standard Course Outline



古 傳 館
KODENKAN

Jujitsu Rank Requirements
Gokyu – Fifth Class, Blue Belt

檀
山
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柔
術

Chugeri – Rolls

1. Sit Back Roll – *Seiza Ushiro Chugeri*
2. Kneeling Forward Roll – *Hiza Mae Chugeri*
3. Standing Forward Roll – *Tachi Mae Chugeri*
4. Kneel Backward Roll – *Hiza Ushiro Chugeri*
5. Lobster Roll – *Ebi Chugeri*

Sutemi – Falls

1. Rolling Side Fall – *Chugeri Yoko Sutemi*
2. Elbow Stand Side Fall – *Hiji Tachi Yoko Sutemi*
3. Hand Stand Side Fall – *Chugeri Ushiro Sutemi*
4. Rolling Back Fall – *Chugeri Ushiro Sutemi*
5. Squat Back Fall – *Jigogame Ushiro Sutemi*
6. One Leg Squat Back Fall – *Ichi Ashi Jigogame Ushiro Sutemi*
7. Kneeling Front Fall – *Hiza Mae Sutemi*

Uke Te – Blocking Techniques

1. Overhead Block – *Jodan Uke*
2. Middle Level Block – *Chudan Uke*
3. Low Level Block – *Gedan Uke*
4. Knife Hand Block – *Shuto Uke*
5. Drifting Block – *Nagaeshi Uke*

Geri Te – Kicking Techniques

1. Rolling Front Kick – *Chugeri Mae Geri*
2. Standing Front Snap Kick – *Tachi Mae Keage Geri*
3. Standing Side Snap Kick – *Tachi Yoko Keage Geri*
4. Standing Rear Snap Kick – *Tachi Ushiro Keage Geri*

Yawara – Hand Arts

All Twenty basic Yawara arts by name.

Nage No Kata – Throwing Forms

Five basic Nage No Kata by name.

Vocabulary

<i>Jujitsu</i> – gentle art	<i>Matte</i> – wait	<i>Kiai</i> – spirit shout
<i>Kodenkan</i> – Ancient Tradition School	<i>Yoshi</i> – continue	<i>Obi</i> – Belt
<i>Sensei</i> – teacher	<i>Hajime</i> – begin	<i>Tori</i> – one who performs the art
<i>Kyoutsuke</i> – attention	<i>Dosho</i> – please	<i>Uke</i> – one who takes the art
<i>Kyu</i> – class, ranks below black belt	<i>Arigato</i> – thank you	<i>Hai</i> – yes
<i>Dan</i> – grade, black belt rank	<i>Kazushi</i> – off balance	<i>Kata</i> – form, shoulder, single
<i>Ichi, Ni, San, Shi, Go, Rokyu, Shichi, Hachi, Ku, Ju</i> – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10		

Notebook

Notebook to include rolls, blocks, kicks, jujitsu mat rising, stances and basic arts

Rich Radcliffe, Shihan
師
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Sensei Silas Radcliffe, Sandan
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生



古 傳 館
KODENKAN

Jujitsu Rank Requirements
Yonkyu – Fourth Class, Green Belt

檀
山
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柔
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Chugeri – Rolls

1. All Gokyu Chugeri requirements with improvements.
2. Demonstrate transitions in Chugeri from one to another.

Sutemi – Falls

1. All Gokyu Sutemi requirements with improvements.
2. No Hand Side Fall – *Yoko Sutemi*
3. No Hand Front Bridge Fall – *Mae Ushiro Sutemi*
4. Jumping Squat Back Fall – *Tobi Jigogame Ushiro Sutemi*
5. Walk-up Wall Back Fall – *Ayumi Yori Kabe Ushiro Sutemi*
6. Standing Front Fall – *Tachi Mae Sutemi*
7. No Hand Front Fall – *Mae Sutemi*

Uke Te – Blocking Techniques

1. All Gokyu Uke Te requirements with improvements.
2. Variations of *Jodan Uke, Chudan Uke, Gedan Uke*

Geri Te – Kicking Techniques

1. All Gokyu Geri Te requirements with improvements.
2. Roundhouse Kick – *Mawashi Geri*

Yawara – Hand Arts

1. All Gokyu Yawara requirements with improvements.
2. One variation for each Yawara art.

Nage No Kata – Throwing Forms

All twenty Nage No Kata.

Kappo – Restoration Arts

1. *Su Katsu* – Back Restoration
2. *Nuki Katsu* – Sub-Clavian Restoration
3. *Ashi Katsu* – Foot Restoration
4. *Kim Katsu* – Testicle Restoration
5. *Hanaji Tome* – Nosebleed Stop Restoration
6. *Hon Katsu* – Basic Restoration
7. *Tanden Katsu* – Stomach Restoration

Vocabulary

<i>Tachi Rei</i> – standing bow	<i>Rei</i> – courtesy, the act of bowing	<i>Ite</i> – no
<i>Zarei</i> – kneeling bow	<i>Tsukuri</i> – positioning in the throw	<i>Mon</i> – crest
<i>Koban Wa</i> – good night	<i>Kokua</i> – Hawaiian for cooperate	<i>Yama</i> – stop
<i>Konichi Wa</i> – good day	<i>O'hojo Gosiamasu</i> – good morning	<i>Hidari</i> – left
<i>Migi</i> – right		
<i>Dan</i> – grade, black belt rank		

Notebook

Notebook to include exercises and all requirements except Kappo.

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VI. Methods of Instruction

General course routine would include:

- Warm-Ups 10-15min
- Rolls and Falls (Tumbling) 10-15 min
- Specific Arts 15 min
- Historic/Cultural lecture Direct Instruction – 5-10min

VII. Supplies

- Once students get to throwing, a Uniform is recommended \$60 or find your own.
- Loose Fitting Clothes: Sweats and a T-Shirt Recommended.

WARNING WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE IN JUJITSU AT PACIFIC VIEW CHARTER SCHOOL

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, program events, and related events and activities of **Pacific View Charter School, I hereby:**

1. Acknowledge that I am familiar with Pacific View Charter School and I understand the rules governing Pacific View Charter School.

2. Release, waive, discharge and covenant not to sue Pacific View Charter School respective administrators, directors, agents, coaches, and other employees or volunteers of the organizations, event officials, medical personnel, drivers, other participants, their parents, guardians, supervisors, and coaches, sponsoring agencies, sponsors, advertisers, and, if applicable, owners, lessors, and lessees of the premises used in conducting the event, all of whom are hereinafter referred to as "release," from any and all claims, demands, losses, or damage on account of injury, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise, to the fullest extent permitted by law.

3. Acknowledge and fully understand that my child will be engaging in a contact sport or activities and programs governed by an organization involved in contact sports that may result in serious injury, including permanent disability or death, sever social and economic loss due not only to my own actions, inactions or negligence, but also to the actions, inactions or negligence of others, the rules of the sport of Judo or any other martial art or activity affiliated with Pacific View Charter, or the conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risk involved in martial arts, I assume all such risks and accept personal responsibility for the damages following such injury, permanent disability or death.

5. Agree that as parents or legal guardians of minor participants (age 17 and below), I will instruct the minor participants to the above warnings and conditions and their ramifications, and that they consent to the minor's participation.

I HAVE READ THE ABOVE WARNING, WAIVERS AND RELEASE, UNDERSTAND THAT I GIVE UP SUBSTANTIAL RIGHTS BY SIGNING, AND KNOWING THIS, SIGN IT VOLUNTARILY. I AGREE TO PARTICIPATE KOWING THE RISKS AND CONDITIONS INVOLVED, AND DO SO ENTIRELY OF MY OWN FREE WILL.

Participant (please print) _____ Parent/Guardian (please print) _____

Participant's Signature Date

Parent/Guardian's Signature Date

Principal's Signature Date
