



# EXAMINATION REQUIREMENTS & MANUAL & ELABORATION PER DAN-DEGREE

SEISHINKAI JU-JITSU INTERNATIONAL  
国際柔術聖心会



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## Preface

Martial art systems are not a random collection of techniques. Every martial art arises from a cultural and environmental matrix, and is created by the individuals who embody it. The creative genius of these individuals lies in the unique way in which they expressed their individual characters and spiritual values in the martial arts they developed.

If you only practice ju-jitsu, you are practicing ju-jitsu through the eyes of the teacher and you see the art much the same as he or she does. Our achievements in ju-jitsu can sometimes be limited by the scope of the teacher's vision, rather than the possibilities inherent in the art. Deepening ju-jitsu can provide opportunities to learn from both the inside and the outside. Although it is not an easy task, it is possible to devote yourself completely to the teacher's vision during ju-jitsu. And then, from your own perspective, obtain a more objective vision of what you are doing and thus create your own style.

As the Technical Board of the Seishinkai Ju-Jitsu International, it is our responsibility to ensure that the Dan exam requirements are worked out in a clear and orderly manner. Practice has shown that there are uncertainties about the established examination requirements. As a result, we have decided to work out in detail the entire Dan exam requirements for the different Dan degrees. This document should therefore ensure that candidates can better prepare for a Dan exam, and also that the examination of the exams will become less complex.

While preparing this document, we, the Technical Board, have thought thoroughly about every part of the Dan exams for the different Dan degrees. There have been several discussions about different parts, but due to intensive cooperation and determination, we are proud of the result of this elaboration of the Dan exam requirements.

I would like to thank Tony van Venrooy, René van der Meijden, Sven Beerens and all the other members of the Seishinkai Ju-Jitsu International. Because of your efforts on the Tatami, we are forced to continue to develop.

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## 1 Introduction

In this document, the examination requirements for the Dan degrees within Seishinkai Ju-Jitsu International are fully explored. The entire Dan exam is divided into three different blocks. Block A: Kata, Block B: Ju-Jitsu Skills and Block C: Applications. These three blocks are again subdivided into twelve different themes, each theme relating to a specific area within Ju-Jitsu.

In chapter 2 of this document, these twelve different themes of the Dan exam are elaborated in a transparent way. These elaborations are broken down per Dan degree, whereby it is made clear what will be asked of the candidate during the exam and how these questions will be formulated during the exam.

Chapter 3 contains clear schematics of the Dan exam requirements per Dan degree. These are the summaries of the twelve themes as described in the previous chapter.

Various official documents can be found in the appendices and explanations about the attack groups.

Finally, appendix V and VI lists the skill requirements for 5th kyu to 1st kyu, divided into Multiplicity System and according to the Coolen Basic Attack System standards.

## 2 Elaboration of the Dan exam per theme

In this chapter of the exam requirements for the Dan degrees, all twelve themes of the Dan exam are clearly elaborated. Each theme within the exam requirements relates to a specific area within Ju-Jitsu, such as Kata, Atemi-Waza, Hodoki-Waza, Uke-Waza, Multiplicity, Kansetsu-Waza, etc. For each theme it is clarified what the theme actually contains and what is required of the candidate per Dan degree.

### 2.1 Theme A: Kata

Theme A: Kata is the theme which is part of Block A of the Dan exam. In total, there are four different Katas which are recognized by the Seishinkai as official Katas for the Dan exams: E-Bo-no-Kata, Ne-waza-Jitsu-no-Kata, Goshin-Jitsu-no-Kata and the Kime-no-Kata. Each Kata must be executed according to the prescribed guidelines of these Katas. It differs per Dan degree which Kata/Katas the candidate has to demonstrate. Table 1 below clearly shows which Katas per Dan degree are required by the Seishinkai.

A	Kata	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan	4 <sup>th</sup> Dan	5 <sup>th</sup> Dan
A1	E-Bo-no-Kata	X	X	X	X	X
A2	Ne-waza-Jitsu-no-Kata	-	X	X	X	X
A3	Goshin-Jitsu-no-Kata	-	-	-	X	X
A4	Kime-no-Kata	-	-	-	-	X

Table 1: Overview Exam demands Theme A: Kata

### 2.2 Theme B1: Own assignment

Theme B1: Own assignment is part of Block B: Ju-Jitsu skills. Within Theme B1, the candidate makes his own assignment. The candidate's own assignment can be seen as writing his/her own personal Kata. The candidate is free to determine which techniques he/she will incorporate. However, as per the examination requirements, only the number of techniques and the attack groups against which the candidate must defend himself are fixed.

#### 2.2.1 Requirements for own assignment

The Examination Board has little or no influence on the content of the own assignment. However, to ensure that a standard quality is maintained, requirements are set for the structure of the own assignment. For example, the own assignment must actually become a digital document which is printed and handed over to the examiners at the start of the exam.

The elaboration of the own assignment contains a description of the ceremonies that the candidate will use for his/her Kata. The ceremony may differ from the ceremonies used in the official Kata, but it is not a requirement. In addition, the Kata is divided into four different attack groups: Grabbings/Enclosures, Atemi-Waza, Armed Attacks and Ground Attacks. Within these four attack groups, the candidate specifies the required number of defenses per Dan degree, see table 2. The candidate will also present his techniques digitally in a well-arranged manner. The candidate can process this by describing the actions of both Uke and Tori step by step or, for example, by making a schematic representation of the technique. The candidate is free to adopt his own interpretation.

B1	Own assignment	1 <sup>st</sup> Dan	2 <sup>nd</sup> Dan	3 <sup>rd</sup> Dan	4 <sup>th</sup> Dan	5 <sup>th</sup> Dan
B1.1	5 Defenses against Grabbings/Enclosures	-	-	20	-	-
	5 Defenses against Atemi-Waza					
	5 Defenses against armed attacks					
	5 Defenses against ground attacks					
B1.2	7 Defenses against Grabbings/Enclosures	-	-	-	25	-
	6 Defenses against Atemi-Waza					
	6 Defenses against armed attacks					
	6 Defenses against ground attacks					
B1.3	8 Defenses against Grabbings/Enclosures	-	-	-	-	30
	8 Defenses against Atemi-Waza					
	7 Defenses against armed attacks					
	7 Defenses against ground attacks					

Table 2: Requirements Theme B1 Own assignment per Dan degree

## 2.2.2 Assessment own assignment

The own assignment is assessed in two different ways. Both on substantive aspects and on technical aspects. The substantive aspects of one's own assignment include: Correct language use, correct terminology (including correct Japanese names), clarity and processing of the attacks as indicated per Dan degree. As for the technical aspects of the own assignment, the following aspects are assessed: Realistic attacks/defenses, purposefulness, effectiveness, balance disturbances, Atemi-Waza accuracy and the correct execution of the chosen techniques (Nage-Waza, Kansetsu-Waza and Jime-Waza). It is up to the candidate to demonstrate through the above aspects that he/she masters all aspects of Ju-Jitsu.

## 2.3 Theme B2: Atemi-Waza, Hodoki-Waza & Uke-Waza

Theme B2 of the Dan exam is one of the nine components within the Seishinkai that are part of Block B: Ju-Jitsu skills. This theme is divided into three different sub-themes: Atemi-Waza, Hodoki-Waza and Uke-Waza. Each sub-theme is clearly explained below. Furthermore, it is clearly indicated what the exam requirements are per Dan degree and which questions will be asked during the exam.

### 2.3.1 Theme B2: Atemi-Waza (Geri-Waza, Uchi-Waza & Tsuki-Waza)

Atemi-Waza is the Japanese name for all kicking, striking and punching techniques within Ju-Jitsu. Within Ju-Jitsu Atemi-Waza is a very important component that can be applied in different ways. For example, Atemi-Waza can be used to eliminate or weaken an opponent or Atemi-Waza can be used as a technique in order to free oneself.

Within the Seishinkai, the Atemi-Waza theme is divided into three different subcategories: Geri-Waza, Uchi-Waza and Tsuki-Waza. The minimum requirements by Seishinkai for kicking, striking and punching techniques can be found in table 3 below.

For the Dan exam, the candidate must be able to demonstrate Atemi-Waza in three different ways: Static (1), Dynamic (2) and Free performance (3). First, the candidate must be able to demonstrate Atemi-Waza individually or with a partner in the form of a Kata (Static). By means of one or more Kata's, the candidate demonstrates individually or in duo that he/she masters the technical implementation of the various kicking, striking and punching techniques. The second way in which the candidate demonstrates Atemi-Waza is against a pad, hand pads, etc. Through this dynamic performance and the impact of the different Atemis, the candidate demonstrates that he/she can dynamically apply the chosen Atemis in a 'combat situation'. The third and final way in which the candidate must demonstrate Atemi-Waza is a free performance of defense against Atemi-Waza (striking, punching and/or kicking). The opponent attacks the candidate with random kicking, punching and striking techniques (Geri-Waza, Uchi-Waza and Tsuki-Waza). The candidate blocks or deflects these attacks and counters with one or more targeted Atemis.

#### 2.3.1.1 Atemi-Waza 1<sup>st</sup> Dan

For the 1st Dan exam within Theme B2 Atemi-Waza, the candidate demonstrates different kicking, striking and punching techniques in Kata form, against a pad, hand pads, etc. or by means of defending against strikes, punches and/or kicks. It is up to the candidate to make a combination between the different subcategories (Geri-Waza, Uchi-Waza and Tsuki-Waza). The candidate tries to demonstrate all required kicking, striking and punching techniques at least once.

- Question 1: Demonstrate Atemi-Waza in Kata form individually or in duo, free choice (static)
- Question 2: Demonstrate Atemi-Waza against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Atemi-Waza by defending against striking, punching and/or kicking (dynamic)

#### 2.3.1.2 Atemi-Waza 2<sup>nd</sup> Dan

For the 2nd Dan exam within the Theme B2 Atemi-Waza, the candidate demonstrates different kicking, striking and punching techniques in Kata form. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner will select one of three subcategories (Geri-Waza, Uchi-Waza or Tsuki-Waza), which the candidate will demonstrate on a pad, hand pads, etc. or by defending against striking, punching and/or kicking. The candidate demonstrates different techniques within the chosen subcategory.

- Question 1: Demonstrate Atemi-Waza in Kata form individually or in duo, free choice (static)
- Question 2: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza by defending against striking, punching and/or kicking (dynamic)



### 2.3.1.3 Atemi-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese, followed by the native language translation if necessary. The candidate demonstrates the requested technique several times against a pad, hand pads, etc. Or the examiner instructs the candidate to defend himself against Atemi-Waza and to counter with Geri-Waza, Uchi-Waza or Tsuki-Waza.

- Question 1: Demonstrate Atemi-Waza in Kata form, individually or in duo. Free choice (static)
- Question 2: Demonstrate Hiza-Geri, Mae-Tobi-Geri, Uraken-Uchi, Teisho-Tsuki and Kagi-Tsuki against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza by defending against striking, punching and/or kicking (dynamic)

### 2.3.1.4 Atemi-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese. The candidate must also be able to demonstrate variations within the minimum requirements of the kicking, striking and punching techniques, such as Ushiro-Empi-Uchi.

- Question 1: Demonstrate Atemi-Waza in Kata form (static)
- Question 2: Demonstrate Mawashi-Hiza-Geri, Age-Empi-Uchi, Gedan-Mawashi-Geri, Tetsui-Uchi, etc. against a pad or hand pads, etc. (dynamic)

### 2.3.1.5 Atemi-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese. The candidate must also be able to demonstrate variations within the minimum requirements of the kicking, striking and punching techniques, such as Ushiro-Empi-Uchi.

- Question 1: Demonstrate Atemi-Waza in Kata form (static)
- Question 2: Demonstrate Mawashi-Hiza-Geri, Age-Empi-Uchi, Gedan-Mawashi-Geri, Tetsui-Uchi, etc. against a pad or hand pads, etc. (dynamic)