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# **TADASHI~DO GRADING SYLLABUS**

## **LITTLE SAMURAI PROGRAM**

FIRST EDITION ~ APRIL 2011

SENSEI MALCOLM BALE

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# INTRODUCTION

Welcome to Little Samurai Martial Arts, a program developed for children 5 to 8 years old, give or take a year or two.

Our program teaches basic Martial Arts skills, Safety Awareness Information, Personal Values and Fun Fitness. The benefits for children are just phenomenal. The syllabus here lays out all the information you require to progress through the system.

Our task is to ensure the kids want to come back for more fun next class while ensuring they reap the benefits on offer, this way the parents really appreciate the value of our program.

All techniques are very simple and mixed with plenty of fun exercise. Children benefit with improved coordination, more balance, strength and flexibility. Confidence, self esteem, self discipline and focus are other typical areas of improvement.

We set small regular goals for the children to reach, it's great to see them progress and the excitement it creates each week.

Take a good read through this syllabus, there is some very valuable information here and we'd like you the parents to be a part of the program. Having you on-board is an important part of the process and makes a great difference to your child's progress

Be sure to let us know of any improvements you notice in your child during the course of the Program. Your feedback is appreciated and a great help in keeping the Little Samurai Program moving forwards.

Our Membership Site [www.little-samurai.com](http://www.little-samurai.com) provides information to support the Little Samurai Martial Arts Program, if you ever miss a class don't worry as all the information your child need to know is contained within the site, all in video format too so there should be no trouble in understanding what is required. Many of the pages have open access for you to enjoy.

Please do not hesitate to contact us if you have any questions regarding the program.

Have Fun and Enjoy the Journey ahead!

# KYU LEVELS

<b>Kyu</b>	
	<b>Little Samurai</b>
19 <sup>th</sup>	White Belt
18 <sup>th</sup>	White Belt Yellow Stripe
17 <sup>th</sup>	White Belt Gold Stripe
16 <sup>th</sup>	White Belt Orange Stripe
15 <sup>th</sup>	White Belt Green Stripe
14 <sup>th</sup>	White Belt Blue Stripe
13 <sup>th</sup>	White Belt Red Stripe
	<b>Juniors</b>
12 <sup>th</sup>	Green Belt Gold Stripe
11 <sup>th</sup>	Blue Belt Gold Stripe
10 <sup>th</sup>	Purple Belt Gold Stripe
9 <sup>th</sup>	Red Belt Gold Stripe
8 <sup>th</sup>	Brown Belt Gold Stripe
	<b>Adults</b>
7 <sup>th</sup>	Red Belt
6 <sup>th</sup>	Yellow Belt
5 <sup>th</sup>	Orange Belt
4 <sup>th</sup>	Green Belt
3 <sup>rd</sup>	Blue Belt
2 <sup>nd</sup>	Purple Belt
1 <sup>st</sup>	Brown Belt
	1 <sup>st</sup> Degree Black Belt

# GENERAL TECHNIQUES

THESE ARE THE TECHNIQUES AND INFORMATION  
USEFUL TO KNOW AT ALL LEVELS ~

## STANCES

- Ready Stance
- Attention Stance
- Defensive Stance

## HAND TECHNIQUES

- Snap Punch
- Reverse Punch

## KICKS

- Snap Kick

## BREAKFALLS

- Back Lying

## UNIFORM

- How to Tie your Belt
- How to fold your Gi

## THE BOW-IN AND BOW-OUT

## SIMPLE JAPANESE TERMINOLOGY

- Sensei
- Sempai
- Dojo
- Gi
- Rai
- Hai

## NOTE:

You can see all these techniques and every technique throughout the Syllabus in video format by visiting our membership Site at [www.little-samurai.com](http://www.little-samurai.com)

# LEVEL 1

## **STANCES**

Ready Stance  
Attention Stance  
Defensive Stance

## **HAND TECHNIQUES**

Snap Punch  
Reverse Punch

## **KICKS**

Snap Kick – Front  
Snap Kick – Rear

## **DEFENCE**

Upward X Block  
Downward X Block

## **BREAKFALLS**

Back Lying

## **SAFETY TOPIC**

What is a Stranger?

## **PERSONAL DEVELOPMENT**

What is Discipline?

## **JAPANESE TERMINOLOGY**

Sensei  
Sempai

# LEVEL 2

## STANCES AND MOVEMENT

Single Step Forward  
Single Step Back

## HAND TECHNIQUES

Backfist – Front Arm  
Backfist – Rear Arm

## KICKS

Foot Stomp – Front Leg  
Foot Stomp – Rear Leg

## DEFENCE

Rising Block – Front Arm  
Rising Block – Rear Arm

## BREAKFALLS

Side Lying

## SAFETY TOPIC

Adults Asking for Help!

## PERSONAL DEVELOPMENT

What is Self-Discipline?

## JAPANESE TERMINOLOGY

Dojo  
Gi

# LEVEL 3

## STANCES AND MOVEMENT

Switch Stance

## HAND TECHNIQUES

Double Punch

## KICKS

Shin Kick

## DEFENCE

Downward Forearm Block – Front Arm

Downward Forearm Block – Rear Arm

## BREAKFALLS

Back from Sitting

## SAFETY TOPIC

What is Distancing?

## PERSONAL DEVELOPMENT

What is Respect?

## JAPANESE TERMINOLOGY

Rei

Hai

# LEVEL 4

## **STANCES AND MOVEMENT**

Slide Forward

Slide Back

## **HAND TECHNIQUES**

Roundhouse Punch – Front Arm

## **KICKS**

One Step Snap Kick – Rear Leg

## **DEFENCE**

Inside Forearm Block – Front Arm

Inside Forearm Block – Rear Arm

## **BREAKFALLS**

Front from Knees

## **SAFETY TOPIC**

Get Lost!

## **PERSONAL DEVELOPMENT**

What is Focus?

## **JAPANESE TERMINOLOGY**

Hajime

Yame

# LEVEL 5

## **STANCES AND MOVEMENT**

Side Step

## **HAND TECHNIQUES**

Rising Punch – Rear Arm

## **KICKS**

Roundhouse Kick – Rear Leg

## **DEFENCE**

Outside Forearm Block – Front Arm

Outside Forearm Block – Rear Arm

## **BREAKFALLS**

Forward Roll

## **SAFETY TOPIC**

Be Aware! Trust Your Instincts.

## **PERSONAL DEVELOPMENT**

What is Excellence?

## **JAPANESE TERMINOLOGY**

Numbers 1-5

Ichi, Ni, San, Shi, Go

# LEVEL 6

## **STANCES AND MOVEMENT**

Horse Stance

## **HAND TECHNIQUES**

Open Hand - Double Punch

## **KICKS**

Groin Kick – Front Leg

Groin Kick – Rear Leg

## **DEFENCE**

Side Elbow Block – Front

Side Elbow Block – Rear

## **BREAKFALLS**

Forward Roll from Defensive Stance

## **SAFETY TOPIC**

Escape! – Drop, Kick, Roll, Run

## **PERSONAL DEVELOPMENT**

What is Integrity?

## **JAPANESE TERMINOLOGY**

Numbers 6-10

Roku, Shishi, Hachi, Kyuu, Ju

# SCHOOL RULES AND ETIQUETTE

## GENERAL

The Tadashii-Do schools of Ju jitsu are not just a place to train in martial arts, they are places of respect, discipline, and self-improvement. We will help you improve yourself, through discipline and martial arts training, and it is up to you to extend that into all other areas of your life. Therefore, when you enter the dojo you must always exercise self-discipline by showing respect to the school itself, the instructors, and your fellow students. This maintains harmony in the dojo, making it a more enjoyable and effective place to train.

1. Students, and spectators alike, must be quiet at all times during instruction in class. To be noisy during instruction is to disrespect the instructor. Turn off the volume on any electronic devices (cell phones, etc) if present.
2. Parents and other spectators may sit in the supplied chairs around the mats, but can also sit along the edges of the mats if all chairs have been taken up. However, mat space is precious when training, so please take up as little mat space as possible. If you are sitting on the mats, be aware of the students training around you.
3. Always arrive to class **at least** 10 minutes prior to the beginning of class, earlier if you need to change. If for some reason you are late, once changed and ready to train, stay off the mats and wait for the instructor to invite you to join the group. When he/she does, bow to the instructor and step onto the mats.

## DOJO

The word "Dojo" means a place to train in the way. You can train in various aspects of your life, not just in a physical sense. In our Dojo we not only train physically in the martial art of Jujutsu, but we also train mentally, through self-discipline. The dojo is a place of respect and therefore must be treated with respect.

1. Upon entering the dojo, **always remove your shoes** and leave them neatly by the door. Do not kick them off, leaving them wherever they lie. Use the shoe rack whenever possible, or lay them neatly in rows in front of the rack. If they are muddy or very dirty, leave them outside.
2. **Before** stepping onto the mats, and **before** stepping off of the mats, **bow** to the front of the dojo. This is important to show respect to the dojo. If students need to leave the mats for any reason they must let the Instructor know. Do not just walk off the mats.
3. **Do not bring drinks or food onto the mats.** Water is allowed in a sealable container, since water should be consumed during physical activity.
4. **Do not walk on the mats in shoes** or socks, only bare feet, unless special circumstances require you to wear socks. Be sure your feet (or socks) are clean. It takes a fair bit of effort to keep the mats clean.

# SCHOOL RULES AND ETIQUETTE

## INSTRUCTION TIME

Once the instructor asks students to “line up”, signifying the beginning of class, students must exercise self-discipline and focus. This is a time of learning and self-improvement.

1. Students must remain still and focused during instruction. This ensures a pleasant training environment for everyone, and is respectful to both the instructor and the other students.
2. Students will also remain silent during class unless instructed otherwise. Do not interrupt the instructor while he/she is speaking. Quietly get their attention, perhaps with a raised hand, and wait for them to acknowledge you.
3. Students must acknowledge the instructor when appropriate, and with the appropriate address. When given an instruction, or asked a question with a “yes” response, the student will respond with **Hai** (pronounced ‘high’) followed by the instructor’s level of seniority.
  - a. Black Belt Instructor – **Sensei** (pronounced ‘sen-say’)
  - b. Senior Belt Student/Instructor – **Sempai** (pronounced ‘sem-pie’)

## UNIFORM AND HYGIENE

Training with other students is essential to martial arts. Students rely on each other to practice their techniques. In order to work together in such close proximity students need to have good hygiene. To respect the school and the instructor you also need to maintain a clean and tidy uniform. These two aspects also reflect your level of self-discipline.

1. Students must be clean with no offensive odours in order to train with the group. It is only natural to perspire during training, but body odours can easily be covered up with deodorants. However, please understand that strong scented perfumes and colognes are also offensive odours that can detract from a training session.
2. Students must keep fingernails and toenails trimmed, clean and neat.
3. If you have long hair, arrange it neatly so it does not interfere with training. (i.e. Pony tail, braid)
4. Students must not wear any jewellery or piercings during training. It is not only a danger to yourself, but also to other students.
5. The student’s Gi (uniform) must be kept clean and tidy. It should be washed regularly and pressed if wrinkled. It would be wise to have two Gi’s for that reason.

# SCHOOL RULES AND ETIQUETTE

## **GRADING**

Show up on time.

Bring water & possibly a towel.

Clean and pressed Gi.

## **MARTIAL ARTS**

Martial Arts is never to be used outside of the Dojo unless in self-defence.

# THE ROTATING CURRICULUM

The **Rotating Curriculum** applies to both Little Samurai and Junior Students Only. The idea of a Rotating Curriculum is that students in the class follow the same Curriculum, learning the same techniques at the same time. This helps to prevent students from becoming distracted.

Students progress in the System by completing a level as laid out in this book. Eventually they will complete all 6 levels, although not necessarily starting at Level 1.

Two students may actually be learning the same techniques but be awarded with different Belt Colours as it is the number of level completed that dictates what colour belt is achieved

For example:

## **Little Samurai**

- 1 Level Completed = White Belt / Yellow Stripe
- 2 Levels Completed = White Belt / Gold Stripe
- 3 Levels Completed = White Belt / Orange Stripe
- 4 Levels Completed = White Belt / Green Stripe
- 5 Levels Completed = White Belt / Blue Stripe
- 6 Levels Completed = White Belt / Red Stripe

# PRACTICING AT HOME

Martial Arts is great for kids, the benefits realised are fantastic and help in many areas of life, for many years to come.

Without doubt, the biggest improvements are noticed in the students who practice at home with their parents. Techniques are simple and the information is easy to understand.

Just a few minutes a couple of times per week will make a considerable difference and it's great to have parents on-board or even better a part of what we are teaching.

We need to be careful not to overdo it but we also need to make the most of that excitement and enthusiasm kids possess. There is a fine line but about 10 to 20 minutes, 2 or 3 times per week seems to be the key.

Children need to make progress constantly and consistently. This is exactly what they achieve in our Little Samurai Martial Arts Program. Parents notice improvements very early on and they continue throughout. We make it as much fun while teaching some very valuable skills that extend far beyond physical techniques.

In order to help parents practice at home or to go through information with their children, we have created a Membership Website where parents can access information on every technique we teach in our classes. If ever there are any questions regarding how a technique should be performed, you can simply refer to the website. There is also the option of asking us directly, we are here to help.

Visit [www.little-samurai.com](http://www.little-samurai.com) to find out more. It's a fantastic tool and you'll find it to be a great help to you.

We've had so many awesome testimonials from parents over the years whose children have been involved in our program, it's what makes our work of training the kids so much more rewarding. We are continually looking to improve on our existing program so feel free to contact us with any recommendations you may have.

Welcome to our Martial Arts Family, we look forward to making a positive impact with you and your child for a long time to come.

Please do not hesitate to contact us directly if you have any questions.

Yours sincerely,

Sensei Malcolm Bale  
Chief Instructor

# REFERENCE WEBSITES

HERE ARE A FEW WEBSITES FOR YOUR REFERENCE.  
YOU MAY FIND THE INFORMATION CONTAINED ON  
THESE SITES TO BE VERY USEFUL AND INFORMATIVE:

**Little Samurai Members Site**      [www.little-samurai.com](http://www.little-samurai.com)

**Chief Instructor Malcolm Bale**      [www.malcolmbale.com](http://www.malcolmbale.com)

**Ju Jitsu Calgary**      [www.ju-jitsu-calgary.com](http://www.ju-jitsu-calgary.com)

**Ju Jitsu Rugby**      [www.ju-jitsu-rugby.com](http://www.ju-jitsu-rugby.com)

**Tadashii Do Ju Jitsu**      [www.tadashii-do-ju-jitsu.com](http://www.tadashii-do-ju-jitsu.com)

**Fightwize Self Defence**      [www.fightwize.com](http://www.fightwize.com)