

FOOTHILLS

JIU JITSU

JUNIOR SYLLABUS

JANUARY 24, 2023

CAN-RYU JIU JITSU

Foothills Jiu-Jitsu offers **Can-Ryu Jiu Jitsu**, a self-protection centric style of Japanese (stand up) Jiu Jitsu. Can-Ryu Jiu Jitsu was pioneered by Professor Georges Sylvain in the 1960s; his background in the Canadian Armed Forces and as a member of the Ottawa City Police Department provided a wide variety of combative experiences and instructional guides. Along with martial arts training in a variety of disciplines, Professor Sylvain used these experiences and created the Can-Ryu (Canadian System of Self Defense) style of Jiu Jitsu.

Foothills Jiu-Jitsu is a member of the Canadian Jiu Jitsu Union, an organization dedicated to the development and support of martial arts schools and instructors across Canada. Steve Hiscoe, Soke (9th degree Black Belt) leads this organization after taking over from his father Ed Hiscoe, Hanshi (10th degree Black Belt) upon his retirement from martial arts. Hiscoe Soke has been involved in martial arts since the age of 6, runs a very successful school in Chilliwack, BC and is a Staff Sergeant and use of force instructor for the RCMP's BC training academy.

Can-Ryu Jiu Jitsu is a self-protection system, not a sport. Competition with other individuals is available through many other rules-based martial art styles including but not limited to Brazilian Jiu Jitsu, Karate and Taekwondo. Each of these martial art styles has specific areas of concentration; Can-Ryu Jiu Jitsu provides a well-rounded combination of many other martial art styles, incorporating aspects of each that make sense from a self-protection perspective. Can-Ryu Jiu Jitsu advocates a cooperative style of training where one's development does not depend upon measuring yourself against somebody else in a physical confrontation. In self-protection, the main intent is to safely neutralize immediate threats and disengage as soon as possible. The longer an altercation proceeds, the higher the risks of an unfortunate outcome for all concerned. The self-protection mindset advocates avoidance, attention, assertiveness and action where necessary. During a self-protection event, there are no rules, only results.

INSTRUCTORS

Instruction in Can-Ryu Jiu Jitsu at Foothills Jiu-Jitsu is provided by Ian Clark, Sensei (3rd Degree Black Belt in Can-Ryu Jiu Jitsu) and Stephanie Smith, Sensei (1st Degree Black Belt in Can-Ryu Jiu Jitsu).

DOJO RULES, ETIQUETTE AND SAFETY

Etiquette

Jiu Jitsu originated in Japan, therefore much of the etiquette is derived from Japanese culture. Bowing is a sign of respect, much like shaking hands in North America. Although the purpose of our classes is to teach people to protect themselves, we also educate students about martial arts traditions. To imprint this sense of respect, bowing is used at the dojo at the following times:

- Entering or exiting the dojo.
- Entering or exiting the training surface.
- After receiving instruction from the Sensei.
- Prior to and after working with a partner.
- At the beginning or end of a class.

Students should arrive at the dojo with enough time to prepare for class. If you are late and wish to join a class in progress, wait at the edge of the training area and wait for the instructor to acknowledge and invite you into the class. Bow once you have been invited to join the class.

If for some reason, you need to leave the training area during class, please inform the instructor so that they may know where you are. Bow when leaving the training surface and again when you return.

Personal Hygiene

- Personal hygiene is essential, as you will be working closely with other students.
- Uniforms should be washed on a regular basis.
- Fingernails and toenails must be kept clean and trimmed.
- Students should remove all jewellery prior to training; this includes watches, chains, bracelets and piercings. If a piercing cannot be removed, all measures should be taken to secure it such that it does not become a safety liability to the student or their partner.

Safety

All students and instructors are responsible for the safety of themselves and their partners while training. Techniques are to be applied in a controlled manner; care must be taken to not apply techniques too quickly or too forcefully. The techniques in Can-Ryu Jiu Jitsu (especially joint locks) will result in injury if they are applied in an indiscriminate or chaotic manner.

The tap is a very important safety measure. If you are experiencing pain or placed in a dangerous position, tap your partner, yourself or the mat loudly and distinctly. This will alert your partner to the situation and make them aware to stop the technique. The tap **must be respected** at all times.

If an instructor sees an unsafe circumstance, they will yell **STOP!** This indicates to the student(s) involved to immediately cease whatever technique they are performing.

Failure to adhere to these safety measures can lead to injury. Reckless or intentionally injurious behavior will not be tolerated and will result in expulsion. Under no circumstance will a student teach Jiu Jitsu to a non-student. This opens the student to civil liability should the non-student become injured.

BELT SYSTEM

The belt system for the Foothills Jiu Jitsu Junior program consists of 4 levels: yellow, orange, green and blue. New students start as White belts and begin working toward their yellow belt. Junior ranks are delineated from adults ranks by a white stripe along the length of the belt. Each belt at the junior level is segmented into four levels, allowing students to demonstrate proficiency in various aspects of the belt's curriculum before grading for the specific belt. Such proficiency is acknowledged by a coloured stripe on the student's belt indicating they are comfortable with the techniques within the given section.

Proficiency stripes and grading permission are provided by the instructors once an appropriate level of attendance, proficiency and maturity with the subject matter is demonstrated on a consistent basis. Belt promotions are subject to a grading in front of the instructors whereby the student demonstrates the required subject matter without assistance. The minimum time required for promotion between belt levels is shown below:

From	To	Minimum Time Requirement
Junior White Belt	Junior Yellow Belt	3 Months
Junior Yellow Belt	Junior Orange Belt	4 Months
Junior Orange Belt	Junior Green Belt	6 Months
Junior Green Belt	Junior Blue Belt	6 Months

Students are encouraged to grade when they are given permission to do so and if they believe they are ready. Each person's journey is their own; just because one student is grading doesn't mean another is ready to do so. Proficiency is expected on the grading test, but perfection is not; everybody can always improve on their technique.

Techniques taught in any given class may vary from a given student's belt level's curriculum, depending upon the level of proficiency of the class and whether in the opinion of the instructors that the students have the necessary discipline for more advanced techniques or variations on the syllabus response.

Students are encouraged to take notes within their syllabuses on techniques they have seen and practiced. Note taking helps solidify the techniques they have worked on in class and can be a useful review tool when approaching a grading.

LEVEL 1: YELLOW BELT WHITE STRIPE

Introduction to Self-Protection

Themes

- Training etiquette (bowing, safety, respect for training partners).
- Four main concepts of Can-Ryu Jiu Jitsu (simplicity, commonality of technique, gross motor skills, multiple opponents).
- Self-Protection as a mindset – The four A’s (avoidance, attention, assertiveness, action).
- Discuss with students what martial arts means to them, how it should be used and when it is appropriate (training or defensive purposes only).
- Discuss management of fears associated with physical confrontation.
- Concentration on stance and defense from an untrained haymaker hook punch.

STRIPE	CATEGORY	TECHNIQUES
1/Yellow	STANCES	Ready Stance Defensive Stance From the Ground to Defensive Stance Fighting Stance Horse Stance
	BREAKFALLS	#1 – Back Lying #2 – Rolling Side to Side #3 – Back from Sitting / Standing #5 – Falling Forward #7 – Side from Standing
2/Orange	STRIKES / BLOCKS	Open Hand Strikes (Jab, Cross) Closed Fist Strikes (Jab, Cross) Flinch Block High Forearm Block Downward Palm Block
	KICKS	Shin Kick Raking Shin Kick Snap/Groin Kick
3/Green	TAKEDOWNS	Ankle Knee Takedown (Front Leg) Ankle Pick Takedown (Front Leg) Standing Crab Takedown Leg Scissor Takedown from Ground (Front – One or Two Legs, Rear – Both Legs)
4/Blue	GROUND TECHNIQUES	Escape Mounted Opponent (On Hips / Chest) Escape Mounted Opponent (Two Hands Pinned) Escape Mounted Opponent (w/ Punch Attempts) Escape from Guard (Postured Up or Pulling Head Down)
	HOLD ESCAPES	One Wrist Grab Straight / Across Bear Hug Over Arms from Rear Bear Hug Under Arms from Rear Double Rear Arm Pin

LEVEL 2: ORANGE BELT WHITE STRIPE

Throwing, Shoulder Rolls, Basic Grappling

Themes

- Balance breaking concepts.
- Non-weightbearing throws, weightbearing throws.
- Arm bar joint lock (most common on ground).

STRIPE	CATEGORY	TECHNIQUES
1/Yellow	MOVEMENT	Slide Forward / Back Step Forward / Back Side-Step Pivot Front / Rear Foot Shrimping
	BREAKFALLS	#6 – Forward Shoulder Roll #4 – Standing Supported by Partner #9 – Backwards Shoulder Roll
2/Orange	STRIKES / BLOCKS	Open Hand Strikes (Hook to Head) Closed Fist Strikes (Hook to Body) Ear Slaps (Left, Right, Both) Elbow Block / Head Elbow Block / Ribs X Block Down
	KICKS	Front Kick Foot Stomp (Direct, Front, Rear) Knee Strikes from Clinch
3/Green	TAKEDOWNS	Front Kick Defense (Catch and Lift) Front Kick Defense (Takedown Through Hip) One Leg Takedown from Kneeling Nose Twist Takedown
	THROWS	Outer Reaping Trip / Throw / Wheel Hip Throw Rear Hip Throw
4/Blue	GROUND TECHNIQUES	Scissor Sweep Hip Bump Sweep Arm Bar from Mount Arm Bar Defence (Early / Mid / Late)
	HOLD ESCAPES	Escape Clinch to Rear Bear Hug Over Arms from Front Bear Hug Under Arms from Front Bear Hug Over Arms from Side Full Nelson Escape Side Nelson Escape

LEVEL 3: GREEN BELT WHITE STRIPE

Joint Locks, Defend Throat Attacks (Trachea)

Themes

- Joint lock-based takedowns and common joint locks on the ground.
- Sacrifice throws (dropping shoulder throw).
- Trachea (air) choke defenses.

STRIPE	CATEGORY	TECHNIQUES
1/Yellow	BREAKFALLS	#10 – Forward Over Uke #11 – Backward Over Uke
2/Orange	STRIKES / BLOCKS	Uppercut Downward Forearm Block Parry/Slip (Front Hand) Hammer Fist X Block Up
	KICKS	Front Thrust Kick Roundhouse Kick Front / Rear Leg Roundhouse Kick Low Back Kick
3/Green	TAKEDOWNS	Finger Lock Takedown Wrist Lock Takedown Armbar Takedown Figure-4 Takedown from a Cross Punch
	THROWS	Neck Throw One Arm Shoulder Throw Dropping Shoulder Throw
4/Blue	GROUND TECHNIQUES	Break and Pass the Guard Armbar from Guard Kimura/Americana from Side Control / Defenses Escape Two Hands on Throat from Mount Escape Two Hands on Throat from Guard Escape One Hand on Throat with Punch Attempt
	HOLD ESCAPES	One Hand on Each Wrist – Low / High Push from Front One Hand on Lapel with Punch Attempt Two Handed Choke (front) Arms Extended Two Handed Choke (front) Arms Bent Hair Grab Front / Rear

LEVEL 4: BLUE BELT WHITE STRIPE

Elbow Weapon System, Defend Neck Attacks (Carotid), Sacrifice Throws

Themes

- Elbow strikes, Leg Takedowns / Trips.
- Carotid (side of neck) choke defenses.

STRIPE	CATEGORY	TECHNIQUES
1/Yellow	STRIKES / BLOCKS	Backfist Forearm Strikes to Chest Elbow Spear Elbow Strikes (Front / Rear)
2/Orange	TAKEDOWNS	Underwood Takedown from Hook / Cross Roundhouse Kick Defense (Catch / Trip) Single Leg Takedown / Defense Double Leg Takedown / Defense Outside Foot Sweep from Collar Tie
	THROWS	Valley Throw #1 Valley Throw #2 Sacrifice Double Knee Pickup
3/Green	GROUND TECHNIQUES	Escape Leg Scissor Hold with Rear Choke Attempt Escape Rear Naked Choke Seated Triangle Choke / Defense Defend Side Headlock Face Up / Down
4/Blue	HOLD ESCAPES	Side Headlock Standing Front Headlock Standing Rear Mugging Escape Standing / Dragging / Sitting

JAPANESE TERMINOLOGY

Japanese Term	Phonetics	Meaning
Jujutsu	(Joo-joot-soo)	the soft/gentle art/the way
Ryu	(Ree-oo)	school
Dojo	(Doe-joe)	place to train in the way
Gi	(G-ee)	uniform
Obi	(O-bee)	belt
Sensei	(Sen-say)	teacher
Senpai	(Sen-pie or Sem-pie)	senior belt
Seiza	(Say-zah)	kneel
Mokuso	(Mohk-soo)	meditate
Mokuso Yame	(Mohk-soo Yah-may)	stop meditating
Shomen Ni, Rei	(Show-men Nee Ray)	show respect (bow) to the front
Sensei Ni, Rei	(Sen-say Nee Ray)	show respect (bow) to the teacher
Otagai Ni, Rei	(Alta-gai Nee Ray)	show respect (bow) to the other students
Teita	(Tah-tay)	stand
Ritsurei	(Ree-tsu-ray)	standing bow (<i>also used to conclude class</i>)
Tori	(Tor-ri)	The person performing the technique
Uke	(Oo-kee)	The person "receiving" the technique
Ukemi	(Oo-kee-ee)	Falling techniques (breakfalls)
Waza	(Wah-zah)	Martial art techniques
Kuzushi	(Koo-Zoo-She)	The act of unbalancing the Uke
Atemi	(Ah-Tem-ee)	Strikes or blows to the body
Hajime	(Ha-jee-may)	begin, start
Yame	(Yah-may)	finish, end
Kiai	(Kee-aye)	shout, yell
Zero	(Zeh-ro)	Zero
Ichi	(Eachi)	One
Ni	(Nee)	Two
San	(Sahn)	Three
Shi	(Shee)	Four
Go	(Go), not (Gohw) <i>Leave Mouth Rounded</i>	Five
Roku	(Rock Ku) or (Lock Ku)	Six
Shishi	(She tchee)	Seven
Hachi	(Ha! tchee)	Eight
Kyuu	(Kew)	Nine
Ju	(Joo)	Ten
Juichi	(Joo-Eachi)	Eleven
Juni	(Joo-Nee)	Twelve
Niju	(Nee-Joo)	Twenty
Nijuichi	(Nee-Joo-Ichi)	Twenty One
Sanju	(Sahn-Joo)	Thirty
Sanjuichi	(Sahn-Joo-Ichi)	Thirty One
Hyaku	(Ya-Koo)	One Hundred
Sen	(Sehn)	One Thousand
Hyakuman	(Ya-Koo-Man)	One Million
Arigato	(Ardei ga-toe)	Thank You
Arigato Gozaimashita	(Ardei ga-toe Go-Za-Mash-Ta)	Thank You Very Much
Hai	(Hi)	Yes
Ile	(I-E)	No
Omedetou	(Oh-mehd-o)	Congratulations

TARGETING

In self-protection, targeting a specific area of the body can greatly increase the effectiveness of a technique. The following table describes a number of these areas on the human body, along with the effect that can occur when the target is accessed. When training, the severity of the impacts to these areas is limited for obvious reasons. However, should these targets need to be used in an actual self-protection event, it is important for the student to understand what they're striking and/or pressuring and what potential results could be expected.

Target	Description
Anterior Femoral	<p>Located: Inside of each thigh, 4" up from knee, 5" diameter approximately.</p> <p>Access: Roundhouse kick, knee, hammer fist, elbow, deep pressure.</p> <p>Key Effect: Pain, cramping and motor dysfunction of leg.</p> <p>Loss of consciousness results from cramping of the muscle in the thigh, leading to pain in the lower abdomen and the loss of motor function in the leg.</p>
Back of Hand	<p>Located: Main area on the back of each hand, between wrist and knuckles.</p> <p>Access: Knuckle strikes, elbow.</p> <p>Key Effect: Break the bones of the hand, motor dysfunction in the hand.</p> <p>Broken bones in hands or pain, causing grip to loosen.</p>
Brachial Plexus Origin	<p>Located: Each side of the neck (by the carotid arteries; central nerve junction).</p> <p>Access: Knife hand, elbow, forearm, surface/deep pressure.</p> <p>Key Effect: Unconsciousness, motor/sensory dysfunction, death (hard strike).</p> <p>Loss of consciousness results from trauma to the carotid artery and the origin of the medial, radial, and ulnar nerves, leading to shock and to loss of sensory and motor functions.</p>
Brachial Plexus Tie-In Nerve	<p>Located: Triangle area at intersection of arm, shoulder and pectoral muscle.</p> <p>Access: Hard strike (jab, cross) directed upward towards deltoid.</p> <p>Key Effect: Loss of motor functions in the shoulder and arm.</p> <p>Loss of consciousness results from trauma to the Ulnar nerve and carotid artery. Loss of motor functions to shoulder and arm causing an unusual type of pain in chest, neck and shoulder.</p>
Clavicle Nerve	<p>Located: Behind each collar bone.</p> <p>Access: Deep pressure with thumb or fingers from above or below.</p> <p>Key Effect: Pain compliance, motor dysfunction (neck, shoulder and arm).</p> <p>Loss of consciousness results from trauma to underlying tissue and nerves and blood vessels. Loss of motor function of arm, shoulder and neck. Pain to neck and shoulder.</p>
Greater Sciatic Nerve	<p>Located: Intersection of the rear/top of each leg and the butt.</p> <p>Access: Pinch, knee, deep strikes.</p> <p>Key Effect: Loss of motor functions in the hip and leg.</p> <p>Loss of consciousness results from trauma to the sciatic nerve that produces pain in the abdomen and hip regions, and loss of motor function.</p>
Groin	<p>Located: Area between the top of the legs; both male and female opponents.</p> <p>Access: Groin kick, open hand strike, knee.</p> <p>Key Effect: Crippling pain, inability to breathe, impaired motor function.</p> <p>Loss of consciousness results from trauma to the nerves and arteries of the testicles and groin, inducing the testicles to rise and in turn producing the loss of motor function and the inability to breathe.</p>
Hypoglossal Nerve	<p>Located: Underside of jawbone on each side.</p> <p>Access: Fingers curled to grip underside of jaw, thumb deep pressure.</p> <p>Key Effect: Pain compliance.</p> <p>Trauma to the cranial nerve resulting in loss of nervous coordination and consciousness as well as vascular shock.</p>
Infra-Orbital Nerve	<p>Located: Angle between the end of the nose and the upper lip.</p> <p>Access: Ridge hand (index finger) or knife hand (pinky).</p> <p>Key Effect: Pain compliance, creates sensory dysfunction.</p> <p>Loss of consciousness results from trauma to cranial nerves and loss of sensory and motor functions.</p>

Target	Description
Instep of Foot	<p>Located: Main area on the top of each foot, between ankle and toes. Access: Foot stomp with heel. Key Effect: Break the bones of the foot, primary leg motor dysfunction.</p> <hr/> <p>Broken bones in the feet or pain. Temporarily causing loss of balance in feet.</p>
Jugular Notch	<p>Located: Soft area aligned with trachea between both collar bones. Access: Press in and down with index/middle finger (claw position), thumb. Key Effect: Pain compliance, creates sensory dysfunction.</p> <hr/> <p>The cause of loss of consciousness is blocking the windpipe.</p>
Kidney	<p>Located: On each side of the lower back, just above the hips; right is lower. Access: Strikes, knees, hook kick. Key Effect: Cramping leading to loss of motor functions in the hip/lower back.</p> <hr/> <p>Loss of consciousness results from cramping of the muscles surrounding the kidney; trauma is causes to kidney arteries and nerves. Unusual pain to the lower back and loss of motor function.</p>
Lateral Femoral	<p>Located: Outside of each thigh, 6" up from knee, 5" diameter approximately. Access: Roundhouse/hook kick, knee, hammer fist, elbow, deep pressure. Key Effect: Pain, cramping and motor dysfunction of leg.</p> <hr/> <p>Loss of consciousness results from cramping of the muscle in the thigh, leading to pain in the lower abdomen and the loss of motor function in the leg.</p>
Lateral Thoracic Nerve	<p>Located: Between each rib on each side of the torso. Access: Knuckles, deep pressure with thumb, elbow, kicks, punch. Key Effect: Pain compliance.</p> <hr/> <p>The cause of loss of consciousness is great pain.</p>
Mandibular Angle	<p>Located: Just below each ear along the back of the jaw. Access: From the side/rear. Deep pressure in and 45° to chin or nose. Key Effect: Pain compliance, creates sensory dysfunction.</p> <hr/> <p>Loss of consciousness results from concussion and loss of nervous coordination.</p>
Median Nerve	<p>Located: Midpoint between bicep and tricep on inside of each arm. Access: Knee, punch, grip, pinch. Key Effect: Loss of motor functions in the arm and hand.</p> <hr/> <p>Loss of consciousness results from trauma to the median nerve and the loss of motor functions to arm and wrist.</p>
Mental Foreman Nerve	<p>Located: Area on face between the chin and lower lip. Access: Deep pressure with knuckle, pinch and tear. Key Effect: Pain compliance, creates sensory dysfunction.</p> <hr/> <p>Loss of consciousness results from trauma to cranial nerves and loss of sensory and motor functions.</p>
Musculocutaneous	<p>Located: Back of each arm, centered on the above the tricep. Strikes: Deep pressure, pinch, elbow, hammer fist. Key Effect: Loss of motor functions in the arm and hand.</p> <hr/> <p>Loss of consciousness results from trauma to the branch of Musculocutaneous nerves. Loss of motor functions to shoulder, arm, hands.</p>
Occipital	<p>Located: Back of head, base of skull Access: Cupped hand strike. Key Effect: Temporary sensory/motor dysfunction (Brown Out).</p> <hr/> <p>Loss of consciousness results from severe trauma to the cerebrum, cranial nerves and the spinal cord, producing the loss of sensory and motor functions.</p>
Radial Nerve	<p>Located: Highest part of each forearm; 3" diameter, 2" from top of the elbow. Access: Forearm, elbow, hammer fist, deep pressure. Key Effect: Loss of motor functions in the arm and hand.</p> <hr/> <p>Loss of consciousness results from trauma to the ulnar nerve, producing an unusual type of pain in the chest and neck; also causes the loss of motor functions in the arm.</p>

Target	Description
Solar Plexus	<p>Located: Mid-torso, just below rib cage; 3" diameter.</p> <p>Access: Fist, elbow, snap/front kick, knee if opponent is on ground/bent over.</p> <p>Key Effect: Spasm of diaphragm, temporary loss of ability to breathe.</p> <hr/> <p>Loss of consciousness results from trauma to the stomach and liver, leading to damage to adjacent regions above and below; will in turn affect the nerves that produce the loss of functions of the internal organs.</p>
Temporal Nerve	<p>Located: Each side of head, 1" up and 1" back from each temple.</p> <p>Access: Knuckle strikes.</p> <p>Key Effect: Pain compliance, creates sensory dysfunction.</p> <hr/> <p>Loss of consciousness, headache results from severe pain and loss of nervous coordination. One of the only nerves in the human body sitting directly over a bone.</p>
Tibial Nerve	<p>Located: Middle/base of the calf muscle on each leg.</p> <p>Access: Knee, hook kick, elbow, deep pressure with knuckle.</p> <p>Key Effect: Loss of motor functions in the lower leg.</p> <hr/> <p>Loss of consciousness results from trauma to the Tibial artery and nerve. Causes pain in calf muscle and hip regions, which in turn causes loss of motor functions.</p>
Trachea Nerve	<p>Located: Along each side/behind the trachea (windpipe).</p> <p>Access: Use a tiger-claw grip to pinch in behind the trachea to access.</p> <p>Key Effect: Loss of motor functions in the neck, shoulder and arm.</p> <hr/> <p>Temporary weakness to upper extremities, loss of consciousness from trauma to underlying tissue and nerves and blood vessels. Loss of motor function of arm, shoulder and neck.</p>
Trigeminal Nerve	<p>Located: Three equidistant points along the upper/rear cheek bones.</p> <p>Access: Deep pressure with thumb or finger.</p> <p>Key Effect: Pain compliance, nervous coordination dysfunction.</p> <hr/> <p>Trauma to the cranial nerve resulting in loss of nervous coordination and consciousness as well as vascular shock.</p>
Ulnar Nerve	<p>Located: Opposite radial nerve on underside of the arm, above elbow joint.</p> <p>Access: Grab and compress with thumb or fingers, strikes.</p> <p>Key Effect: Loss of motor functions in the arm and hand.</p> <hr/> <p>Loss of consciousness results from trauma to the Ulnar and median nerves and blood vessels of the upper arm. This produces an unusual type of pain in the chest and neck and loss of motor functions.</p>