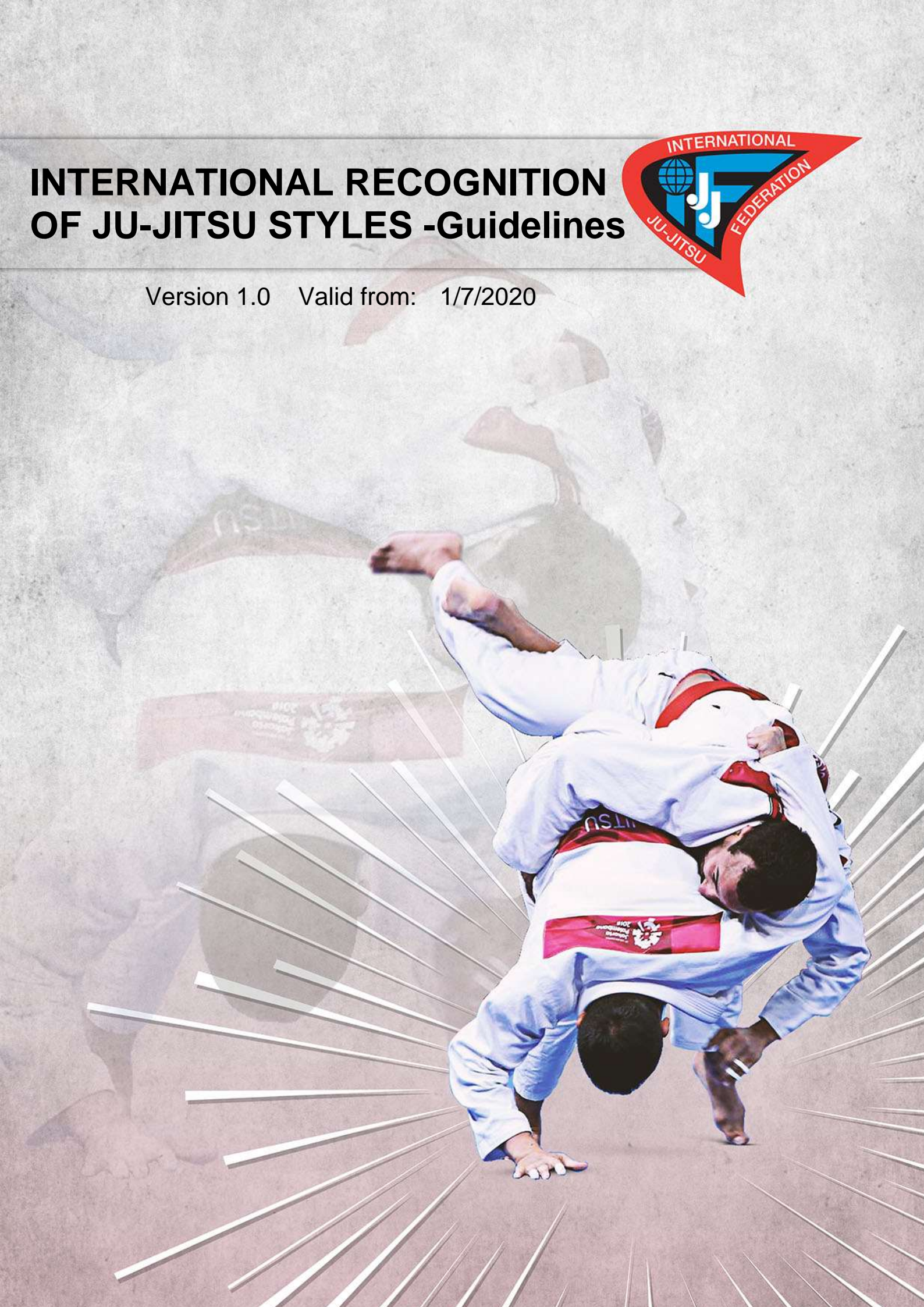


# INTERNATIONAL RECOGNITION OF JU-JITSU STYLES -Guidelines



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## History of this document

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# Introduction

It all started in December 2018 with a small working group in Cologne.

After a year of 'hard' work, I was able to present a final report in February 2020 during a meeting in Sofia, Bulgaria.

It was agreed that the recognition of a Ju-Jitsu style would consist of two parts:

**an evaluation on paper of all the different techniques present in the program,**

followed by **a physical/technical evaluation** during a shodan shiken for 1<sup>st</sup> dan.

But the first question any style will ask is: why should I have my style recognized?

What are the benefits, and even more important: are there any costs involved?

And if we want to apply, what do we have to do?

To help you with these questions, this paper was made. I hope it is short enough, but at the same time clear enough to help you with a possible application.

Have a nice reading and stay safe!

Paul Pauwels

Head of JJIF Grading Commission

Belgium



# Who can apply for recognition?

## Definition

In its technical or physical aspects, Ju-Jitsu consists of any **physical action** undertaken by the “defender” to defend himself against any **unprovoked, unwanted** and/or **unlawful physical attack** against its person.

This ‘attack’ can vary from a simple push, over grabbing or punching or kicking the person, to attacks with a weapon.

To achieve this the “defender” will use techniques like: liberations, evasions, throws, locks, controlling techniques, and blocking, hitting and kicking techniques. All depending on the severity of the attack

Hereby the defender will always keep into account the actuality or imminence of the attack and the **proportionality** of the defence to be fair and just and also to avoid possible legal consequences.

The intention of the defendant is to **stop the attack** and to protect person and property and to **minimize injuries** to all persons involved.

## Who?

Any style of Ju-Jitsu (or related) that complies with the definition above can apply for official recognition by the Ju-Jitsu International Federation (JJIF).

In this paper we will use the term Ju-Jitsu without excluding all the other styles that have another way of writing or even a different name, such as: jūjutsu, jujutsu, jiu-jitsu, ju-jitsu, aikijutsu, aikijujutsu, yawara, tai-jitsu, etc...

The head of the style has minimum 5<sup>th</sup> dan.

The style has a program for the kyu grades and for the dan grades (1<sup>st</sup> till 5<sup>th</sup>).

Exceptions on the last two requirements are discussed on page 8.



# What are the benefits of a JJIF-recognised style?

## Global recognition

Ever since dan ranks were introduced to martial arts by Kanō Jigorō (1860–1938), the founder of judo, the dan system and the well-known symbol of a black belt have been accepted to represent a person with above-average or highly trained skills in a particular discipline.

A black belt is not something you buy in a shop, it is something you (have to) earn. Tying a black belt around your waist means that you have covered the basics of your style and that you are a worthy student, worthy to continue studying the art and get higher promotions. This 1° dan for most people is the biggest 'stepping stone'. No matter how many colours your style has for the kyu grades, the colour black is the most significant!

Your sensei has guided you during all those years, but he's not the only one to judge you, because the examination is usually performed in front of a jury of several higher grades. And when this program and the examination procedures have been recognised by the JJIF, it gets the highest recognition possible: global recognition.

## The role of JJIF

Because it's the mission of the JJIF to continuously develop, improve, promote and propagate the Ju-Jitsu values on a global platform, we see it as our duty to validate examination programs and the accompanying procedures.

The international recognition of the JJIF by the GAISF gives it the authority to approve any (new) style or group that is looking for international recognition of their program and awarded (dan)-grades.

Because the JJIF evaluation consists of an evaluation on paper of all the different techniques present in the program, followed by a physical evaluation during a shodan shiken, it gives the style the reassurance that the program is 'complete' and that the technical level of the examination is 'adequate'.

JJIF will offer the opportunity to approved styles to organise dan-grade examinations during JJIF-camps. At the end there will be an official proclamation of the participants that have passed the examination during such a JJIF-organised-event.

All new dan grades will be published on the JJIF website and Facebook: JJIF Martial Art - Styles and Grades.



## Benefit for the style

The responsible of the style becomes an official diploma holder with the recognition of the style by the JJIF.

When the style or group is recognised and accepted fully as part of JJIF recognised styles, all future examinations can be taken by the head of the style, providing he or she has the level of 5<sup>th</sup> dan.

All examinations for dan-grades are presented before an examination commission, assembled by the style or group, with every member at least one grade higher than the candidate. This commission will count at least three members. The head of the style presides the commission.

All future examinations will be announced to the JJIF-Grading Commission, minimum one month prior to the examination. Every examination can be attended by one of the members of the JJIF-GC to evaluate if the requirements are respected.

## The style has no 5<sup>th</sup> dan yet (or higher) or no complete program

In that case, a special agreement will be made with the Grading Commission for future “full” recognition. This can contain amongst others: proposing new techniques, offering assistance in elaborating the program, organising seminar(s) on specific topics, helping with examinations and evaluations.

If the style still has no 5<sup>th</sup> dan, the member of the JJIF-GC will preside the examination commission with right to vote.

## Benefit for the members of the style

Their belt is not only recognised by their sensei, and by their national federation, but also by the international federation. Therefore, on each diploma it can be mentioned:

“This grade is recognised by the Ju-Jitsu International Federation”

Furthermore, every student that has passed an examination under these conditions can request an official JJIF-dan-grade-diploma. For the costs: see further.

Publication on the JJIF website and Facebook: JJIF Martial Art - Styles and Grades. This will only happen with permission of the candidate!



## General rules and guidelines

### Examination program kyu-grades

The basic techniques are divided over the kyu-grades, traditionally from 6<sup>th</sup> till 1<sup>st</sup> kyu, with the color belts: white, yellow, orange, green, blue and brown. Some styles have more divisions (starting from 10<sup>th</sup> kyu) and other (intermediate) color belts. The examination is usually taken by the sensei in the club.

The complete program has to be presented on paper when applying for JJIF recognition.

JJIF will not provide diploma's for kyu-grades.

### Examination program dan-grades

Grades from 1<sup>st</sup> till 10<sup>th</sup> dan are delivered by the National Federation according to their own examination program and rules. This can be the national program if the federation only represents one style. Or it can be the style-specific program if the national federation contains several different ju-jitsu styles.

The programs for all the (available) dan-grades have to be presented when applying.

JJIF offers the possibility to obtain a JJIF-diploma for those who have passed the examination.

### Minimum age and waiting time

These ages and waiting times are mandatory for every style within a national federation. Styles and federations can impose higher minimum ages or longer waiting periods, but never lower!

Grades: <u>black belt</u>	Minimum age	Waiting time since previous grade
1° dan	15 years	1 year
2° dan	17 years	2 years
3° dan	20 years	3 years
4° dan	24 years	4 years
5° dan	29 years	5 years



Master grades: red and white belt

6° dan	35 years	6 years
7° dan	41 years	6 years
8° dan	47 years	6 years

Master grades: red belt

9° dan	53 years	6 years
10° dan	59 years	6 years

## Belt colors

JJIF requires that the correct color belts are worn, as indicated above, on all official JJIF occasions. Stripes on one belt end can be applied to indicate the exact dan grade. All other color variations are banned from official JJIF occasions.





# How do I / we proceed?

## What to do first?

To find out what you must or can do, you have to pose yourself a couple of questions.

1. Is my federation member of the JJIF?

2. Is the program that we practice, the program of the national federation?

→ The responsible of the style has to fill in **FORM A**.

3. My federation is member of the JJIF, but there are several styles in the federation, each with his own program and examinations.

→ The responsible of the style has to fill in **FORM B**.

4. The federation is not yet a member of JJIF (and there is no other federation in my country that is member of JJIF).

→ Take contact with Joachim Thumfart, JJIF General Director ([joe@jjif.org](mailto:joe@jjif.org)) to ask for the possibilities.

5. What if my style is not member of a national federation?

→ Look for a federation that is member of JJIF and ask if you can join.

6. There is no national federation that is member of JJIF or that wants to become a member of JJIF.

→ Maybe you can consider becoming the national federation that is member of JJIF.

7. If there is a national federation that is member of JJIF, but I don't want to work together with this federation, can I get recognition by JJIF?

→ Sorry, but in that case we can't help you. A group that applies for recognition always must be part of the national federation that is a member of the JJIF!

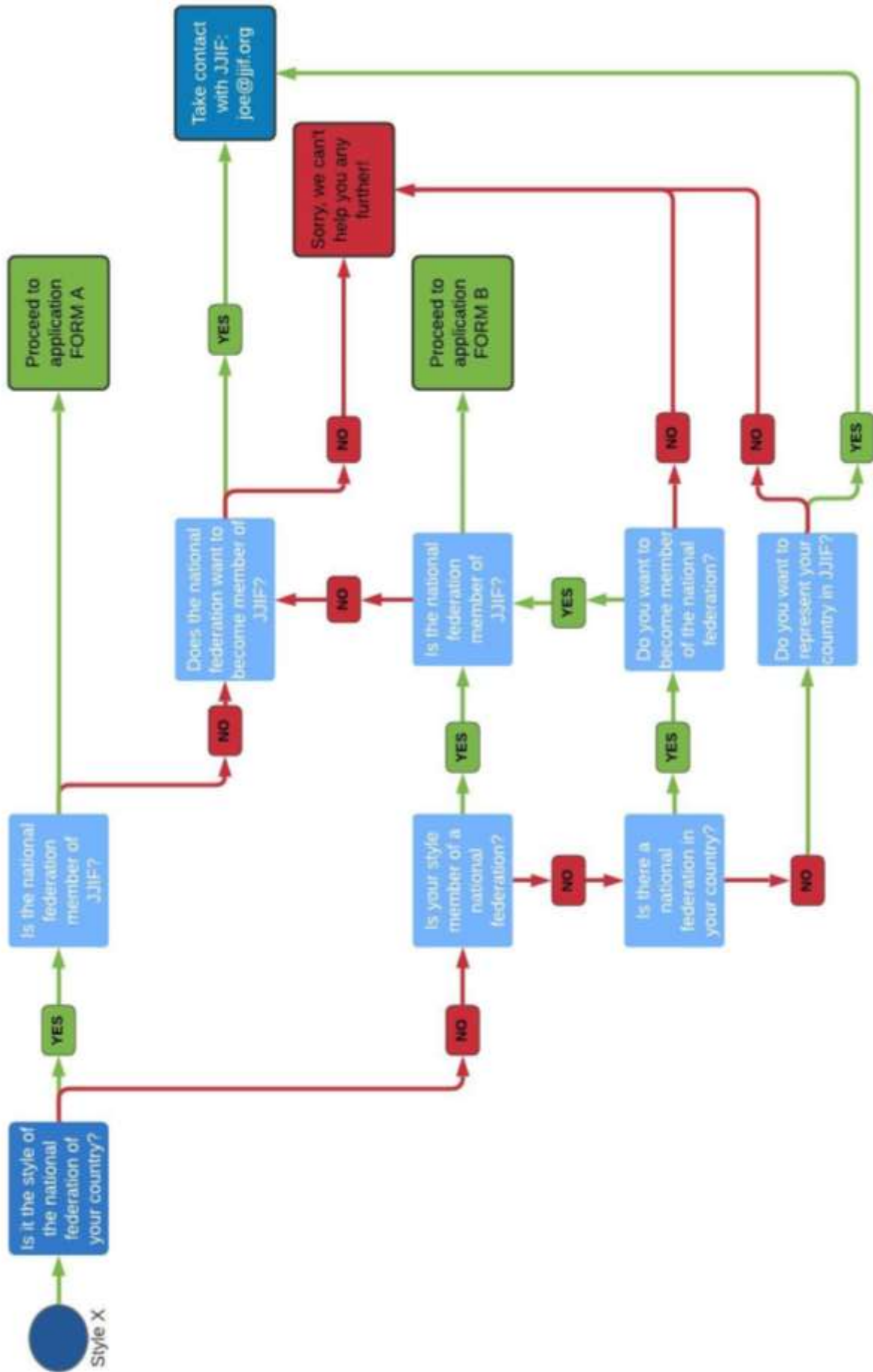
Not clear yet? Take a look at the flow chart on the next page.

## Next step(s)?

After you have sent your application form + all additional papers, there will be an evaluation of the program, based on the papers. You get an answer within one month.

If approved, you send an invitation for your next shodan shiken (1° dan) to the commission who will appoint a representative. In case this is not possible to organise, a video tape will be sent to the commission.

# Flowchart





## FORM A: request for recognition by a national federation

### APPLICATION FORM A FOR RECOGNITION OF JU-JITSU STYLE

Continent	
Country	
Local language	
Federation	
Name of Style	
Address of dojo (or gym)	
Head of Style	
Address	
Motivation (why do you apply?)	

- Attached are:
- CV of head of style, including dates of acquired grades
  - Copies of diplomas acquired in the style
  - Program for kyu-grades in original language & English
  - Program for 1<sup>st</sup> dan in original language & English
  - Program for 2<sup>nd</sup> dan in original language & English
  - Program for 3<sup>rd</sup> dan in original language & English
  - Program for 4<sup>th</sup> dan in original language & English
  - Program for 5<sup>th</sup> dan in original language & English

Mail everything to: [mail@jjif.org](mailto:mail@jjif.org)



## FORM B: request for recognition by a style, affiliated with a national federation

### APPLICATION FORM B FOR RECOGNITION OF JU-JITSU STYLE

Continent	
Country	
Local language	
Federation	
Name of Style	
Address of dojo (or gym)	
Head of Style	
Address	
Motivation (why do you apply?)	

- Attached are:
- Confirmation of affiliation by national federation**
  - CV of head of style, including dates of acquired grades
  - Copies of diplomas acquired in the style
  - Program for kyu-grades in original language & English
  - Program for 1<sup>st</sup> dan in original language & English
  - Program for 2<sup>nd</sup> dan in original language & English
  - Program for 3<sup>rd</sup> dan in original language & English
  - Program for 4<sup>th</sup> dan in original language & English
  - Program for 5<sup>th</sup> dan in original language & English

Mail everything to: [mail@jjif.org](mailto:mail@jjif.org)



## Evaluation on paper

The organisation will send the program of its style on paper in its own language + a copy in English.

It's not 'sufficient' to have "enough" or "many" techniques in the program. Simply counting the techniques won't help us any further. A program could have maybe 200 techniques, but if there are for example no falling or blocking techniques, you might be in trouble after the first sucker punch! Throws are wonderful, but with some of them you can easily lose your balance and end up on the ground. To execute a sacrificing throw it's obvious that you go to the ground, but is that where you want to be for the rest of the fight/attack?

It's necessary first of all to evaluate the different techniques and ascribe a value to them.

Therefore we have developed a system of 3 points.

**3 points** = it's a good self-defence technique because

- I will maintain my balance and stay on my feet
- the attack has stopped (momentarily) and I can leave the situation
- nobody got seriously injured
- ...

**2 points** = it's a good ju-jitsu technique but still something might go wrong:

- I might lose my balance during the throw and I might end up on the ground
- the kick I want to give is too complicated
- I apply an arm lock, but to keep him under control I must break his arm
- ...

**1 point** = it's a valuable ju-jitsu technique but maybe not the first technique I would use in a real fight because:

- when I throw him I will/must lose my balance and I'll be on the ground
- I'm wrestling on the ground to apply a technique
- I will apply a wrist lock, but because of sweat I lose control
- ...

For more details look at the separate document: "JJIF basic techniques overview 2020".

This document will be updated from time to time.

### SPECIAL NOTE:

Because many styles use different names for their techniques it is sometimes difficult to evaluate certain techniques.

Therefore it might be useful, and sometimes necessary, to have a video presentation of the techniques.

If the minimum of 150 points has been reached, we can go to the next step.

This evaluation is done by the Grading Commission.

# Practical evaluation

## The technical level

Once we have decided that the techniques presented by the applicant are sufficient on paper, we need to check if the minimum technical level is reached, keeping in consideration:

- Speed and control,
- Force and realism of attack,
- Adequate and realistic reaction of the student with sufficient control,
- Not wounding the attacker.

So the examination for 1° dan is the most important to see how a style works and what it has to offer to the students. Therefore at least one examination for black belt (1° dan) will be attended by one or more members of the Grading Commission of the JJIF.

To reduce costs this can also be done by video.

## How do we evaluate?

**Kata (fixed forms):** In all cases where the attacker (uke) and the defender (tori) have an agreement on what to do and how to do it, we are talking about kata. We train our technique in kata. This can be one simple repetitive movement (uchi komi) or a whole series of techniques in a fixed pattern (ceremonial kata).

**Randori (free forms):** The attacker (uke) and the defender (tori) can both attack and defend the way they choose, as long as they stick to the safety rules (no injuries to either participant).

Whatever technique they choose is their own choice, there and then, at that moment.

Kata gives the opportunity to show a technique very clearly. Both know exactly what is going to happen and because there is no element of surprise, both can completely focus on the technique and the execution of it. At this point it's also possible to ask the student to perform the technique once again and, if necessary, in slow motion. There is no way that mistakes can be hidden by a fast movement. The technique has to work, clear and simple.

Example of kata:

... NO KATA
For some techniques it's more convenient to show them in kata. This part could contain for instance: <ul style="list-style-type: none"><li>- tai sabaki no kata (series of evasive exercises)</li><li>- kansetsu no kata (series of locking techniques, separately or in combination)</li><li>- nage no kata (series of throwing techniques)</li><li>- or a karate kata (Heian, Tekki, ...)</li><li>- or a kata with weapons (the defender using the weapon)</li></ul>



But techniques also have to be presented in randori, because then it becomes obvious if the candidate can perform the techniques in a more 'realistic' situation.

Two examples of how this can be asked:

<b>KANSETSU WAZA</b>
Defend yourself against one or more attackers using <u>locking techniques</u> (also a couple of examples on the floor). Uke continually attacks during two minutes.

<b>NAGE WAZA</b>
Defend yourself against one or more attackers using <u>throwing techniques</u> . Uke continually attacks during two minutes.

And another example with weapons:

<b>DEFENCE AGAINST WEAPONS</b>
Defend yourself against one or more attackers armed with stick, knife (fire arm). Uke continually attacks during 2 minutes. Always use a combination of minimum 3 basic techniques.

## Important note

It must be made clear in advance how the candidate will perform the examination: what kind of techniques he is going to show, in what way, and for how long. This gives us the opportunity to prepare the evaluation.

## The evaluation

We normally use the A-B-C-D score; the points can help to distinguish more if necessary. Between brackets is the "real-life" result.

<b>A</b>	20 - 16	Very good	(Good and adequate defence with good control)
<b>B</b>	15 - 11	Sufficient	(A few minor mistakes, but in the end you succeeded)
<b>C</b>	10 - 8	Nearly good enough, but debatable	(Hard struggle and big mistakes)
<b>D</b>	7 - 0	Not good enough, so not debatable	(Sorry, you're dead ☹)

## The representative of JJIF

He will be appointed by the JJIF Board.

He will have all the necessary documents at his disposal (program, evaluation paper).

He will wear a suit during the examination with JJIF badge.

He may ask questions to the president of the jury, but not directly to the candidate.

His observation and evaluation will have no influence on the result of the examination. So it's possible that the candidate fails the examination, but that the representative makes a positive evaluation of the way the examination was taken.