

**TECHNICAL VADEMECUM**

**I.M.A.F.-EUROPE**

**YOSEIKAN-JUJUTSU**

**TECHNICAL REQUIREMENTS**

## **International Martial Arts Federation - Europe**

### **TECHNICAL REQUIREMENTS**

#### **YOSEIKAN-JUJUTSU INDEX**

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##### **General.**

##### REMARK:

The technical requirements for SHODAN – SANDAN may differ from one member-country to another. However, the requirements are from open sources, and in compliance with standards as they are accepted worldwide. They may be regarded as guidelines for national requirements, but must be studied to fulfill the necessary preliminary

## International Martial Arts Federation - Europe

### TECHNICAL REQUIREMENTS

#### YOSEIKAN-JUJUTSU *SHODAN* (1<sup>TH</sup> DAN)

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##### A. TE-WAZA

- |                |                |
|----------------|----------------|
| 1. ROBUSE      | 6. UDE-GARAMI  |
| 2. YUKI-CHIGAE | 7. HIJI-KUDAKI |
| 3. KOTE-GAESHI | 8. KOTE-KUDAKI |
| 4. SHIHO-NAGE  | 9. URA KATA HA |
| 5. TENBIN-NAGE |                |

##### B. TAI-WAZA

- |                       |                |
|-----------------------|----------------|
| 1. USHIRO-KATA-OTOSHI | 3. MOTARE-KOMI |
| 2. MUKAE-DAOSHI       | 4. DO-GAESHI   |

##### C. TOBU-WAZA/SHIME WAZA

1. TOBU-NAGE
2. ATAMA KANSETSU
3. HADAKA JIME
4. ERI JIME

##### D. ASHI-DORI-WAZA

- |                   |                         |
|-------------------|-------------------------|
| 1. SODE-ASHI-DORI | 5. RYO ASHI DORI        |
| 2. HIKI-ASHI-DORI | 6. USHIRO RYO ASHI DORI |
| 3. ASHI-KAKE      | 7. GYAKU ASHI GAESHI    |
| 4. ASHI GAESHI    |                         |

##### E. NAGE-WAZA

- |                    |                  |
|--------------------|------------------|
| 1. O-SOTO-GARI     | 5. DE-ASHI-BARAI |
| 2. O-GOSHI         | 6. HARAI-GOSHI   |
| 3. IPPON-SEOI-NAGE | 7. O-UCHI-GARI   |
| 4. KO-SOTO-GARI    | 8. KO-UCHI-GARI  |

##### F. HAN-SUTEMI

- |                |                |
|----------------|----------------|
| 1. HIKI-OTOSHI | 3. MOTARE-KOMI |
| 2. KUBI-DAOSHI | 4. YOKO-HARITE |

##### G. SUTEMI

- |                      |                          |
|----------------------|--------------------------|
| 1. TOMOE-NAGE        | 6. MOTARE KOMI           |
| 2. HAZU-OSHI         | 7. MAE-IRIMI-KATA-GURUMA |
| 3. DO-GAESHI         | 8. SOTO-WAKI             |
| 4. HARITE            | 9. URA KATA HA           |
| 5. KO-UCHI-MAKI-KOMI | 10. UDE TOMOE            |

## **H. EMONO-DORI**

- |               |    |
|---------------|----|
| 1. TANTO-DORI | 4x |
| 2. KEN-DORI   | 2x |
| 3. BO-DORI    | 2x |

## **I. RANDORI**

- |                   |                    |
|-------------------|--------------------|
| 1. JIYU KUMITE    |                    |
| 2. NE-WAZA        |                    |
| 3. TACHI-WAZA     |                    |
| 4. EMONO-DORI     | multiple opponents |
| 5. SHITEI-RANDORI | multiple opponents |
| 6. JU-NO-RANDORI  | multiple opponents |

## **J. KATA**

1. KIHON-GOSHIN-JUTSU-NO-KATA
2. TAI-SABAKI-NO-KATA
3. KARATE-SHODAN

## **K. Personal project**

1. 10x Aiki-jujutsu techniques on :
  - Attacks from behind, grabbings, and chokes (frontal) , punching, striking, and kicking attacks.
2. 8x Freestyle-jujutsu techniques
  - combinations and taking-over from punching, kicking and throwing techniques.
3. 10x self defense techniques
4. Ne-waza programm : 5 control postions, 3 chokes, 2 sankaku, 3 armbars, 3 leglocks

*The candidate must be able to apply the ideas of:*

TO-MA, MA, CHIKA-MA, GYAKU-HANMI-NO-KAMAE, AI-HANMI-NO-KAMAE, GO NO SEN, TAI NO SEN AND SEN NO SEN.

## International Martial Arts Federation - Europe

### TECHNICAL REQUIREMENTS

#### YOSEIKAN-JUJUTSU *NIDAN* (2<sup>ND</sup> DAN)

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##### A. TE WAZA

- |                |                       |
|----------------|-----------------------|
| 1. ROBUSE      | 6. KATA-HA-OTOSHI     |
| 2. HIJI-KUDAKI | 7. SHIHO-NAGE         |
| 3. YUKI-CHIGAI | 8. URA-KATA-HA-OTOSHI |
| 4. KOTE-KUDAKI | 9. TEMBIN-NAGE        |
| 5. KOTE-GAESHI | 10. UDE-GARAMI        |

##### B. TAI WAZA

- |                       |                 |
|-----------------------|-----------------|
| 1. USHIRO-KATA-OTOSHI | 4. DO-GAESHI    |
| 2. MOTARE-KOMI        | 5. TE-UCHI-MATA |
| 3. MUKAE-DAOSHI       |                 |

##### C. TOBU WAZA/SHIME WAZA

- |                       |                   |
|-----------------------|-------------------|
| 1. HACHI-MAWASHI      | 5. ERI JIME       |
| 2. TOBU-NAGE          | 6. ATAMA KANSETSU |
| 3. USHIRO-KAMI-OTOSHI |                   |
| 4. HADAKA JIME        |                   |

##### D. ASHI DORI WAZA

1. SODE-ASHI-DORI
2. HIKI-ASHI-DORI
3. ASHI-KAKE
4. ASHI GAESHI
5. RYO ASHI DORI
6. USHIRO RYO ASHI DORI
7. GYAKU ASHI GAESHI

##### E. NAGE WAZA

- |                    |                 |
|--------------------|-----------------|
| 1. O-SOTO-GARI     | 6. HARAI-GOSHI  |
| 2. O-GOSHI         | 7. O-UCHI-GARI  |
| 3. IPPON-SEOI-NAGE | 8. KATA-GURUMA  |
| 4. KO-SOTO-GARI    | 9. KO-UCHI-GARI |
| 5. DE-ASHI-BARAI   |                 |

##### F. HAN SUTEMI

- |                |                |
|----------------|----------------|
| 1. HIKI-OTOSHI | 3. MOTARE-KOMI |
| 2. KUBI-DAOSHI | 4. YOKO-HARITE |

##### G. EMONO DORI

1. TANTO-DORI 4X
2. TAMBO-DORI 2X
3. KEN-DORI 3X
4. BO-DORI 3X

## H. SUTEMI

1. TOMOE-NAGE
2. HAZUOSHI
3. DO-GAESHI
4. HARITE
5. KATA-HA
6. SOTO-WAKI
7. KO-UCHI-MAKI KOMI
8. TANI-OTOSHI
9. KATA-HA-SHIME
10. URA KATA HA
11. HIKOMI-GAESHI
12. USHIRO-IRIMI-KATA-GURUMA
13. MAE-IRIMI-KATA-GURUMA
14. UDE TOMOE
15. MOTARE KOMI

## I. Holding grips (arresting techniques)

1. KATA-HA-ERI-SHIME
2. KANNUKI-HIKI-TATE
3. HIJI MAE HIKI TATE
4. GYAKU HIJI MAE HIKI TATE
5. URA HIJI MAE HIKI TATE

## J. RANDORI

1. JIYU-KUMITE
2. NE-WAZA
3. TACHI-WAZA
4. EMONO-DORI                    multiple opponents
5. SHITEI-RANDORI            multiple opponents
6. JU-NO-RANDORI            multiple opponents

## K. KATA

1. KIHON-GOSHIN-JUTSU-NO-KATA (choice of 2 series)
2. TAI-SABAKI-NO-KATA
3. JUTSURI -NO-KATA
4. KARATE-NIDAN

## L. Personal Project

1. 10x Aiki-jujutsu techniques on :
  - Attacks from behind, grabbings, and chokes (frontal) , punching, striking, and kicking attacks.
2. 10x Freestyle-jujutsu techniques
  - (combinations and taking-over from punching, kicking and throwing techniques.
3. 4x combination techniques (Aiki-jujutsu)
4. 4x counter techniques (Aiki-jujutsu)
5. 10x self defense techniques : 3 main parts (free movement, clinch and ground)
6. Ne-waza programm : 5 control postions, 3 chokes, 2 sankaku, 3 armbars, 3 leglocks

*The candidate must be able to apply the ideas of:*

TO-MA, MA, CHIKA-MA, GYAKU-HANMI-NO-KAMAE, AI-HANMI-NO-KAMAE, GO NO SEN, TAI NO SEN AND SEN NO SEN.

## International Martial Arts Federation - Europe

### TECHNICAL REQUIREMENTS

#### YOSEIKAN-JUJUTSU SANDAN (3<sup>RD</sup> DAN)

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##### A. TE WAZA

- |                   |                       |
|-------------------|-----------------------|
| 1. ROBUSE         | 7. SHIHO-NAGE         |
| 2. HIJI-KUDAKI    | 8. URA-KATA-HA-OTOSHI |
| 3. YUKI-CHIGAI    | 9. TEMBIN-NAGE        |
| 4. KOTE-KUDAKI    | 10. UDE-GARAMI        |
| 5. KOTE-GAESHI    | 11. JUJI-GARAMI       |
| 6. KATA-HA-OTOSHI |                       |

##### B. TAI WAZA

- |                       |                 |
|-----------------------|-----------------|
| 1. USHIRO-KATA-OTOSHI | 4. DO-GAESHI    |
| 2. MOTARE-KOMI        | 5. TE-UCHI MATA |
| 3. MUKAE-DAOSHI       |                 |

##### C. TOBU WAZA/SHIME WAZA

1. HACHI-MAWASHI
2. TOBU-NAGE
3. USHIRO-KAMI-OTOSHI
4. ATAMA KANSETSU
5. HADAKA JIME
6. ERI JIME

##### D. ASHI DORI WAZA

- |                   |                         |
|-------------------|-------------------------|
| 1. SODE-ASHI-DORI | 5. RYO ASHI DORI        |
| 2. HIKI-ASHI-DORI | 6. USHIRO RYO ASHI DORI |
| 3. ASHI-KAKE      | 7. GYAKU ASHI GAESHI    |
| 4. ASHI GAESHI    |                         |

##### E. NAGE WAZA

- |                    |                      |
|--------------------|----------------------|
| 1. O-SOTO-GARI     | 8. O-UCHI-GARI       |
| 2. O-GOSHI         | 9. OKURI-ASHI-BARAI  |
| 3. IPPON-SEOI-NAGE | 10. TAI-OTOSHI       |
| 4. KO-SOTO-GARI    | 11. KATA-GURUMA      |
| 5. DE-ASHI-BARAI   | 12. KO-UCHI-GARI     |
| 6. HARAI-GOSHI     | 13. MOROTE-SEOI-NAGE |
| 7. UCHI-MATA       | 14. HIKI-OTOSHI      |

##### F. SUWARI WAZA

- |               |                             |
|---------------|-----------------------------|
| 1. JUNTE-DORI | 3. ERI-DORI YOKOMEN-UCHI 2X |
| 2. RYOTE-DORI | 4. RYOTE-KUBI-SHIME 2X      |

## **G. HAN SUTEMI**

1. HIKI-OTOSHI
2. KUBI-DAOCHI
3. MOTARE-KOMI
4. YOKO-HARITE

## **H. SUTEMI**

1. TOMOE-NAGE
2. HAZUOSHI
3. DO-GAESHI
4. HARITE
5. KATA-HA
6. SOTO-WAKI
7. KO-UCHI-MAKI-KOMI
8. TANI-OTOSHI
9. KATA-HA-SHIME
10. URA-NAGE
11. SHIME-HIKOMI
12. UDE-MAKI
13. HIKOMI-GAESHI
14. URA KATA HA
15. USHIRO-IRIMI-KATA-GURUMA
16. MAE-IRIMI-KATA-GURUMA
17. MOTARE KOMI
18. UDE TOMOE
19. KATA GATAME

## **I. EMONO DORI**

1. TANTO-DORI 5x
2. TAMBO-DORI 5x
3. KEN-DORI 4x
4. BO-DORI 4x
5. HIMO-DORI 2x

## **J. Holding grips (arresting techniques)**

7. KATA-HA-ERI-SHIME
8. KANNUKI-HIKI-TATE
9. HIJI MAE HIKI TATE
10. GYAKU HIJI MAE HIKI TATE
11. URA HIJI MAE HIKI TATE
12. HENKA HIJI MAE HIKI TATE
13. SHIHO KANNUKI-HIKI-TATE

## **K. RANDORI**

1. JIYU-KUMITE
2. EMONO-DORI                    multiple opponents
3. SHITEI-RANDORI                multiple opponents
4. JU-NO-RANDORI                 multiple opponents

## **L. KATA**

1. KIHON-GOSHIN-JUTSU-NO-KATA (choice of 2 series)
2. From the KATA below one must be demonstrated
  - TAI-SABAKI-NO-KATA
  - JUTSURI-NO-KATA
  - 3. BATTO-JUTSU : TACHI-IAI (mandatory)
  - 4. HYORI-NO-KATA (mandatory)



## A. Personal project

- 20x Aiki-jujutsu techniques on : Attacks from behind, grabbings, and chokes (frontal) , punching, striking, and kicking attacks.
- 10x Freestyle-jujutsu techniques (combinations and taking-over from punching, kicking and throwing techniques.
- 10x self defense techniques : 3 main parts (free movement, clinch and ground)
- 6x combination techniques (Aiki-jujutsu)
- 6x counter techniques (Aiki-jujutsu)

Two of the counter techniques and combinations must start as a basic AIKI-jujutsu technique and finish with a SUTEMI technique.  
The candidate must clearly explain the demonstrated techniques

The candidate must be able to explain clearly the demonstrated techniques and apply the ideas of: TO-MA, MA, CHIKA-MA, GYAKU-HANMI-NO-KAMAE, AI-HANMI-NO-KAMAE, GO NO SEN, TAI NO SEN AND SEN NO SEN.

## **International Martial Arts Federation - Europe**

### **TECHNICAL REQUIREMENTS**

#### **YOSEIKAN-JUJUTSU *YONDAN* (4<sup>TH</sup> DAN)**

##### **A. TE WAZA**

- ROBUSE
- HIJI-KUDAKI
- YUKI-CHIGAI
- KOTE-KUDAKI
- KOTE-GAESHI
- KATA-HA-OTOSHI
- SHIHO-NAGE
- URA-KATA-HA-OTOSHI
- TEMBIN-NAGE
- UDE-GARAMI
- HIJI GAESHI
- JUJI-GARAMI

##### **B. TAI WAZA**

- USHIRO-KATA-OTOSHI
- MOTARE-KOMI
- MUKAE-DAOSHI
- DO-GAESHI
- TE-UCHI-MATA

##### **C. TOBU WAZA/SHIME WAZA**

- HACHI-MAWASHI
- TOBU-NAGE (OMOTE, URA AND GYAKU)
- ATAMA KANSETSU
- USHIRO-KAMI-OTOSHI
- HADAKA JIME
- ERI JIME

##### **D. ASHI DORI WAZA**

1. SODE-ASHI-DORI
2. HIKI-ASHI-DORI
3. ASHI-KAKE
4. ASHI GAESHI
5. RYO ASHI DORI
6. USHIRO RYO ASHI DORI
7. GYAKU ASHI GAESHI

##### **E. NAGE WAZA**

- O-SOTO-GARI
- O-GOSHI
- IPPON-SEOI-NAGE
- KO-SOTO-GARI
- DE-ASHI-BARAI
- HARAI-GOSHI
- UCHI-MATA
- O-UCHI-GARI
- OKURI-ASHI-BARAI
- TAI-OTOSHI
- KATA-GURUMA
- KO-UCHI-GARI
- MOROTE-SEOI-NAGE
- HIKI-OTOSHI

## **F. SUWARI WAZA**

- JUNTE-DORI
- RYOTE-DORI
- ERI-DORI-YOKOMEN-UCHI 2x
- RYOTE-KUBI-SHIME 2x

## **G. HAN SUTEMI**

- HIKI-OTOSHI
- KUBI-DAOSHI
- MOTARE-KOMI
- YOKO-HARITE

## **H. EMONO DORI**

- TANTO-DORI 5x
- TAMBO-DORI 5x
- KEN-DORI 4x
- BO-DORI 4x
- HIMO-DORI 3x

## **I. SUTEMI**

- TOMOE-NAGE
- HAZUOSHI
- DO-GAESHI
- HARITE
- KATA-HA
- SOTO-WAKI
- KO-UCHI-MAKI-KOMI
- TANI-OTOSHI
- KATA-HA-SHIME
- URA-NAGE
- SHIME-HIKOMI
- UDE-MAKI
- HIKOMI-GAESHI
- URA KATA HA
- USHIRO-IRIMI-KATA-GURUMA
- MOTARE KOMI
- MAE IRIMI-KATA-GURUMA
- UDE TOMOE
- KATA GATAME

## **J. Holding grips (arresting techniques)**

- KATA-HA-ERI-SHIME
- KANNUKI-HIKI-TATE
- HIJI MAE HIKI TATE
- GYAKU HIJI MAE HIKI TATE
- URA HIJI MAE HIKI TATE
- HENKA HIJI MAE HIKI TATE
- SHIHO KANNUKI-HIKI-TATE

## **K. RANDORI**

- JIYU-KUMITE
- EMONO-DORI multiple opponents
- SHITEI-RANDORI multiple opponents
- JU-NO-RANDORI multiple opponents

## **L. KATA**

- JUTSURI-NO-KATA
- BATTO-JUTSU:TACHI-IAI

From the Kata above, one must be demonstrated

- HYORI-NO-KATA (mandatory)
- KEN-TAI-ICHI-NO-KATA(mandatory)

## **M. Personal project**

- Demonstration of maximum 10 minutes of the personal program of the candidate with a personal view upon Yoseikan-jujutsu. The program must incorporate his/her specialties (Tokui-Waza):

The candidate must be able to explain clearly the demonstrated techniques and apply the ideas of:  
TO-MA, MA, CHIKA-MA, GYAKU-HANMI-NO-KAMAE,  
AI-HANMI-NO-KAMAE, GO NO SEN, TAI NO SEN AND SEN NO SEN.

## **International Martial Arts Federation - Europe**

### **TECHNICAL REQUIREMENTS**

#### **YOSEIKAN-JUJUTSU *GODAN* (5<sup>TH</sup> DAN)**

##### **A. YOSEIKAN-JUJUTSU KATA**

Choice of 3 forms:

- KIHON-GOSHIN-JUTSU-NO-KATA
- KEN-TAI-ICHI-NO-KATA
- HYORI-NO-KATA
- JUTSURI-NO-KATA
- TAI-SABAKI-NO-KATA

##### **B. Traditional KATA**

- KIME-NO-KATA (mandatory)

From the KATA below one must be demonstrated

- KATORI SHINTO RYU:
  - 4x OMOTE-NO-TACHI
- DAITO-RYU AIKI-JU-JITSU:
  - 10x IDORI or
  - 10 x TACHI

##### **C. BATTO-JUTSU**

- 6x IAI-GOSHI (KUMI-IAI)
- 5x TACHI-IAI (KUMI-IAI)

#### D. Personal Project

- Demonstration of maximum 10 minutes of the personal program of the candidate with a personal view upon Yoseikan-jujutsu. The program must incorporate his/her specialties (Tokui-Waza):
- The candidate must develop and present a written paper covering a characteristic of the art of Yoseikan, and exceeding the technical level of Yondan, to be demonstrated during the examination.
- It must be submitted at least 120 days prior to the date of the examination. After first review by the national technical director, and approval by the national technical committee, the written paper will be sent by e-mail to H.Q. IMAF-Europe (action to be taken by the national secretary)
- When possible, the written paper shall be approved by the Technical Committee of IMAF-Europe. This committee shall judge the project in terms of quality and communicate its comments, additions or eventual refusal to the candidate.
- In the case of any comments, additions or refusal by the technical committee IMAF-Europe the candidate will be given a period of time in which he can react. The candidate is required to deliver an adapted project within this period.
- After approval, the candidate shall be informed by H.Q. IMAF-Europe.
- The written paper must meet the following criteria:
  - o To be submitted digitally.
  - o The candidate is required to hand in his or her written project to the examination committee *before* the start of the examinations.
  - o A minimum of 30 pages A4 format font Arial 11; including illustrations maximum 40 pages
  - o Division:
    - Table of contents
    - Motivation choice of the subject
    - Main subject, related to, conclusions
    - Table of sources

## International Martial Arts Federation - Europe

### TECHNICAL REQUIREMENTS

#### YOSEIKAN-JUJUTSU *ROKUDAN* (6<sup>TH</sup> DAN)

- A. The candidate must comprehend the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Dan requirements completely.

Physical proficiency and loyalty of **YOSEIKAN-JUJUTSU**. **The candidate must be of excellent level, both physically and mentally. His qualities must be shown by his publication, his students level and his career as a national and international respected teacher.**

#### B. YOSEIKAN-JUJUTSU KATA

#### C. TRADITIONAL KATA

#### D. BATTO-JUTSU

#### E. PERSONAL PROJECT

- Demonstration of maximum 10 minutes of the personal program of the candidate with a personal view upon Yoseikan-jujutsu. The program must incorporate his/her specialties (Tokui-Waza):
- The candidate must develop and present a written paper covering a characteristic of Yoseikan-jujutsu, and exceeding the technical level of Godan, to be demonstrated during the examination.
- It must be submitted at least 120 days prior to the date of the examination. After first review by the national technical director, and approval by the national technical committee, the written paper will be sent by e-mail to H.Q. IMAF-Europe (action to be taken by the national secretary).
- When possible, the written paper shall be approved by the Technical Committee of IMAF-Europe. This committee shall judge the project in terms of quality and communicate its comments, additions or eventual refusal to the candidate.
- In the case of any comments, additions or refusal by the technical committee IMAF-Europe the candidate will be given a period of time in which he can react. The candidate is required to deliver an adapted project within this period.
- After approval, the candidate shall be informed by H.Q. IMAF-Europe.
- The written paper must fulfill the following criteria:
  - o To be submitted digitally.
  - o The candidate is required to hand in his or her written project to the examination committee *before* the start of the examinations.
  - o A minimum of 50 pages A4 format font Arial 11; including illustrations maximum 65 pages
  - o Division:
    - Table of contents
    - Motivation choice of the subject
    - Main subject, related to, conclusions
    - Table of sources