

Elite Fighting Arts

Eryri Dojo



TOUDE-JUTSU
KAKUTO (COMBAT) HYBRID KARATE
JAPANESE GI BASED MMA

**GRADING
SYLLABUS**



The Beginning of the Journey to Black Belt (Kuro-Obi).

Syllabus by Omid Khademzadeh. Supported by Angie Dolby, Benjamin Ó Ceallaigh and other members of Elite Fighting Arts & Eryri Dojo.

Toude-Jutsu is not so much a style, more a concept of training within our Dojo. Toude or Toudi is the Okinawan (meaning Chinese Hand) for their fighting art, as they incorporated their own grappling methods (Shima) with Chinese Kung Fu. This art was popularised and entered mainland Japan where it later became Karate, empty hand. Japan took the art and adapted it to include a spiritual development exercise, over pure practical self-defence. *Karate-Jutsu*, (meaning; art, or method), refers to its practical nature, was replaced with *Karate-Do*, (meaning; way) like Aikido, Kendo etc. referring to spiritual development, more in line with Japanese sensibilities of the time. The combative core of our Dojo is rooted in **Kyokushin & Kudo**. Toude-Jutsu is the marriage of these two practical arts within the Dojo.

KYOKUSHIN (meaning; Ultimate Truth) or Kyokushinkai, is a style of Karate known as the *strongest style* and was developed in the 1950s by [Masutatsu Oyama](#). At Elite Fighting Arts & Eryri Dojo, our foundation fighting style is Kyokushinkai & Knockdown - Full contact bare-knuckle Karate fighting.

In addition, we introduced the Japanese MMA style; **KUDO** (meaning; Open Way) referring to the complete, strike, grapple, throw & submit all-round fighting concept. Differing from Western MMA, in that a Gi (uniform) is worn, with emphasis on striking, along with the use of head-butts & elbows with headguards for safety, making it a separate sport. Referred to as a system of **Kakuto** (meaning; Combat) Karate. We use a mix of full contact Knockdown bare-knuckle fighting & Kickboxing, Judo, Jujutsu/Jiu-Jitsu, Shima (Okinawan Sumo in a Gi) & Persian Koshti Wrestling, strength training & conditioning methods.

We do not consider ourselves a modern style MMA gym but focus on the Budo mixed fighting striking & grappling methods with modern concepts, our foundation rooted in Kyokushinkai. Both Kyokushin style Knockdown & Kudo remain competitive outlets for our Dojo training concept. Toude-Jutsu underpins our philosophy, without restriction of a single organisational competitive ruleset & offers a holistic approach to our practices while continuing to promote and enhance Kyokushin & Kudo within our Dojo.

The following details how we currently grade within the Toude-Jutsu Kakuto system.

White Belt - Before initial Grading. (Kakuto Stripes)

White Belts are awarded Kakuto Stripes on their belt in recognition of their early progress. For the performance and understanding of basic strikes (Uchi), rolls & breakfalls (Ukemi), sparring (Kumite) and good spirit (Osu-No-Seishin). This offers a marker for the student to know when they are ready, in theory, to attempt a physical grading. While it does not guarantee success, it does offer stages of progression and an indication of readiness to wear the next grade.



The Maroon “Oxblood” Purple/Red Belt - 10th Kyu.

NB: A successful grading registered in Kudo is a transferable grade in Toude-Jutsu.

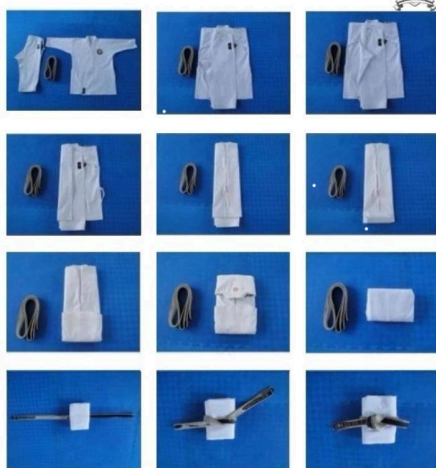
The 1st colour belt in Toude-Jutsu is the Maroon Belt. In Kudo it's Purple, in Kyokushin it's usually Red. To avoid confusion & provide uniformity within the Dojo, we award a Maroon belt for all 10th Kyu as a colour that can sit with Purple or Red shade counterparts.

Students are expected to have knowledge of the following:

- How to [fold a Karate Gi](#).
- How to wear a Karate Gi & [Tying your Belt \(Obi\)](#).
- [Basic history](#) of Karate and origins.
- Ability to [count in Japanese 1-10](#).
- Dojo [etiquette and procedures](#).

Folding your Gi (Uniform) <https://youtu.be/dIWvR3pMQ1s>

It is also important for each Karate-ka to take care of their Gi, the undergarments to the Samurai, these are our fighting uniform, below is the formal way of folding a gi when not in use.



Tying your Obi (Belt)

<https://youtu.be/fnA-Skin4FA>



Place the left side of your Gi over the right.
Put the middle of the belt against the navel.
Wrap the belt around the body, from front to back, crossing in the back.



Lay the right end of the belt over the left.
Bring the right end up behind both layers of the belt wrapped around the body.

Cross the left end of the belt over the right, forming a loop.



Thread the top end up through the bottom of the loop.
Pull Tight.
The finished belt.



Aligning with our Kudo programme the basic requirements for 10th Kyu include Kudo style basics (Kihon). Below I have included clickable links (blue text) but also word links for students who may have printed this document, so they may manually type into a search bar.

[Kudo Kihon \(Basics\) & Ido \(Movement\): https://youtu.be/X9T889PspUc?si=vvMyebO6wBq0KIYp](https://youtu.be/X9T889PspUc?si=vvMyebO6wBq0KIYp)

(Described by Founder: T. Azuma) (1hr: 15.8mins)

[Kudo Kihon: https://youtu.be/llsr-YumQ_Q?si=kFJ6jJ2UXZENSfT-](https://youtu.be/llsr-YumQ_Q?si=kFJ6jJ2UXZENSfT-)

(Described by Founder: T. Azuma) (27.52mins)

[Kudo Kihon \(no description\): https://youtu.be/Kz1PR59-x8Q](https://youtu.be/Kz1PR59-x8Q)

(Performed by Russian Kudo Federation) (8.49mins)

Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Boxing & Knockdown Rules.

Fitness Requirements:

10 Seiken (Knuckle) push ups.

10 Sit ups.

10 Killers. (Also known as Burpees).



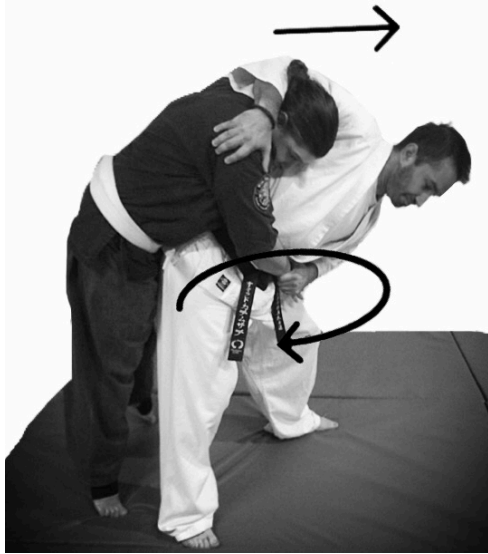
The Striped Maroon Belt - 9th Kyu.

NB: A successful grading registered in Kudo is a transferable grade in Toude-Jutsu.

In addition to continued progress in the above, for each progressive grade students will be expected to increase ability in Kihon and add additional technical requirements set out in each successive grading.

Uke (Blocks): Basic blocking using the forearms, Soto / Uchi (Outer/Inner) and legs using Sune (Shin).

Nage Waza: (Throwing Techniques): Koshi Guruma (Hip Wheel Throw, Controlling the Head).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Boxing & Knockdown Rules.

Fitness Requirements:

20 Seiken (Knuckle) push ups.

20 Sit ups.

20 Killers.



The Blue Belt - 8th Kyu.

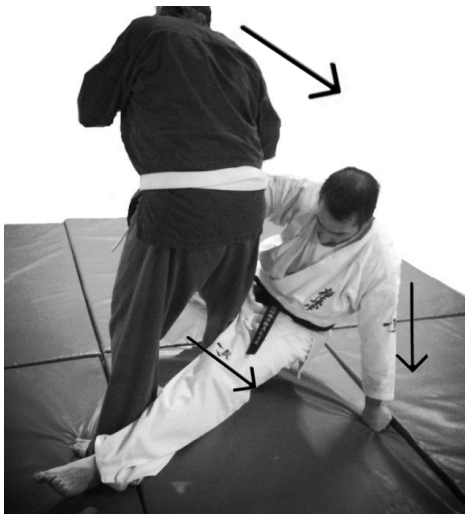
NB: A successful grading registered in Kudo is a transferable grade in Toude-Jutsu.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Zuki (Punches): Furi Zuki (Dropping Punch).



Nage Waza (Throwing Techniques): Seoi Otoshi (Shoulder Drop – Any Variation), Tani Otoshi (Valley Drop, a 'Side Sacrifice' Technique or Yoko Sutemi)



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kickboxing & Knockdown + Rules. (Grabbing & Striking Permitted).

Fitness Requirements:

30 Seiken (Knuckle) push ups.

30 Sit ups.

30 Killers.



The Striped Blue Belt - 7th Kyu.

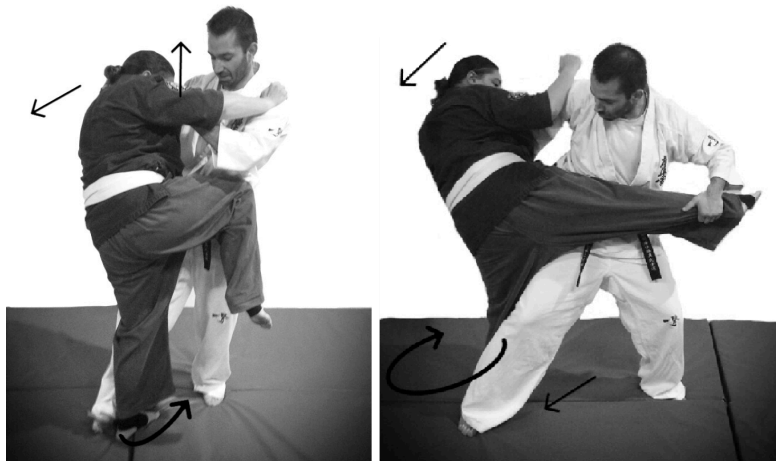
NB: A successful grading registered in Kudo is a transferable grade in Toude-Jutsu.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Uchi (Strikes): Uraken Uchi (Back-fist Strike – Multiple Variations), Tettsui Uchi (Hammer Strike – Multiple Variations). Kote Uchi (Forearm Strike – Multiple Variations).



Nage Waza (Throwing Techniques): Ashi Barai (Foot Sweep) Osoto Gari (Outside Reaping Throw - Against a standing or kicking opponent).



Ne Waza (Ground Techniques): Basic dominant positions from a ground opponent.



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kickboxing & Semi Kudo/Kakuto MMA Rules (No Head Punches).

Fitness Requirements:

40 Seiken (Knuckle) push ups.

40 Sit ups.

40 Killers.



The Yellow Belt - 6th Kyu.

*NB: The Dojo **Lion Mon** arm badge (as pictured below) is awarded. The patch is worn on the left arm and represents a Dojo Warrior, it can be awarded at a previous grade if they have competed, otherwise it is awarded at 6th Kyu, symbolising the halfway point in the Kyu grades. The wearer is considered able to compete in a tournament as a representative of the Dojo.*

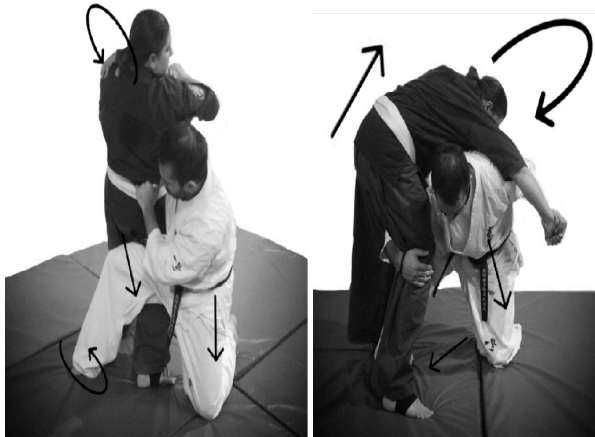


Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Geri (Kicks): Kakato Geri (Heel Kick).



Nage Waza (Throwing Techniques): Ushiro Goshi (Back Hip Pull) Kata Guruma (Shoulder Wheel throw).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto MMA Rules & Micro Fight Standing Pressure Tests.

Kata (Pattern):

[Tai Kyoku \(Wide View\)](#) - Multiple variations including fighting & kicking versions.

Fitness Requirements:

50 Seiken (Knuckle) push ups.

50 Sit ups.

50 Killers.

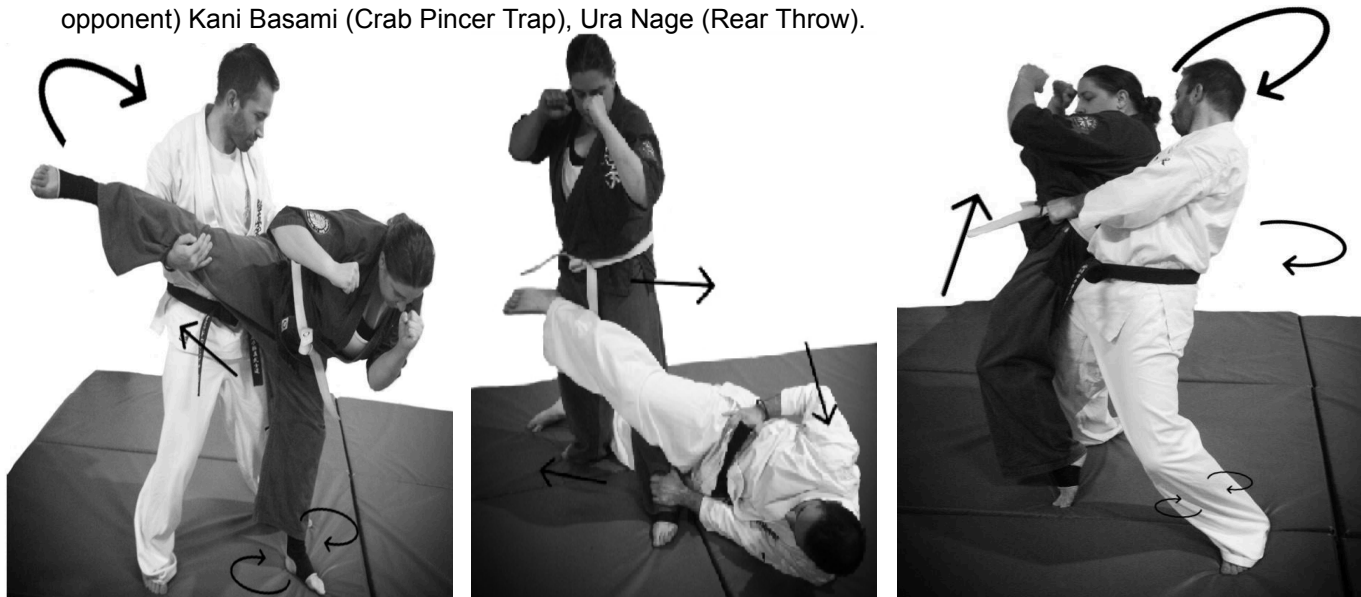
50 Reverse Killers. (To perform a sit up and then kick legs out to a push up).



The Striped Yellow Belt - 5th Kyu.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Nage Waza (Throwing Techniques): Da Ashi Barai (Advanced Foot Sweep, defending a kicking opponent) Kani Basami (Crab Pincer Trap), Ura Nage (Rear Throw).



Ne Waza (Ground Techniques): Defence from passive positions from the ground, Tomoe Nage (Rolling Throw), Sumi Gaeshi (Corner Counter).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto MMA Rules & Micro Fight Standing Pressure Tests.

Fitness Requirements:

60 Seiken (Knuckle) push ups.

60 Sit ups.

60 Killers.

60 Reverse Killers.



The Green Belt - 4th Kyu

Ne Waza (Ground Techniques): Defence from passive positions from the ground, Kansetsu Waza (Joint Techniques). Including Ude Gatame (Arm Lock), and Shime Waza (Strangling Techniques – Multiple Variations). Including Hadaka Jime (Naked Choke from ground position).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto & Micro Fight Grounded Pressure Tests (From top & back: Stand or Sub).

Kata (Pattern):

[Sanchin No Kata \(3 Battles Kata\).](#)

Fitness Requirements:

70 Seiken (Knuckle) push ups.

70 Sit ups.

70 Killers.

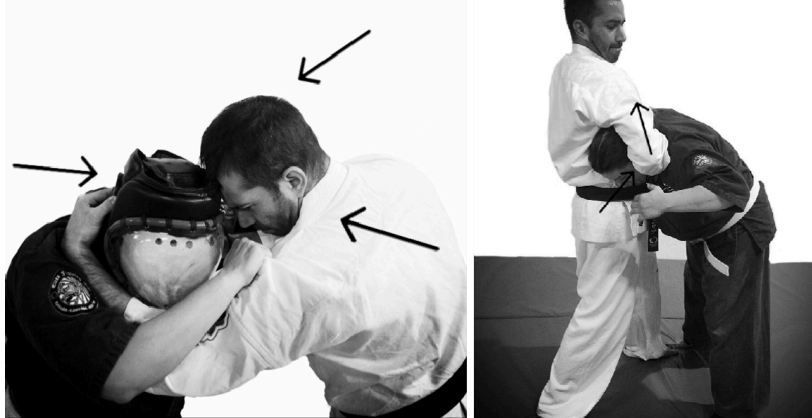
70 Reverse Killers.



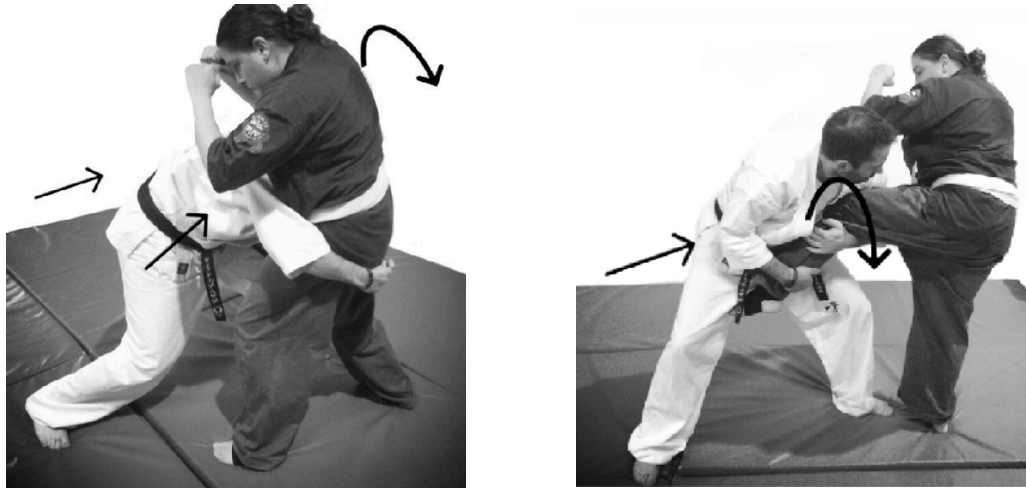
The Striped Green Belt - 3rd Kyu

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Techniques to be performed in a clinch position: Atama Uchi (Head Strike), Tachi Hadaka Jime (Naked Choke from standing position).



Nage Waza (Throwing Techniques): Morote Gari (Double-arm takedown, double leg takedown), Kuchiki Taoshi (Single-hand drop, single leg takedown).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto & Micro Fight Grounded Pressure Tests (From back taken position: Reversal Pin, Stand or Sub).

Fitness Requirements:

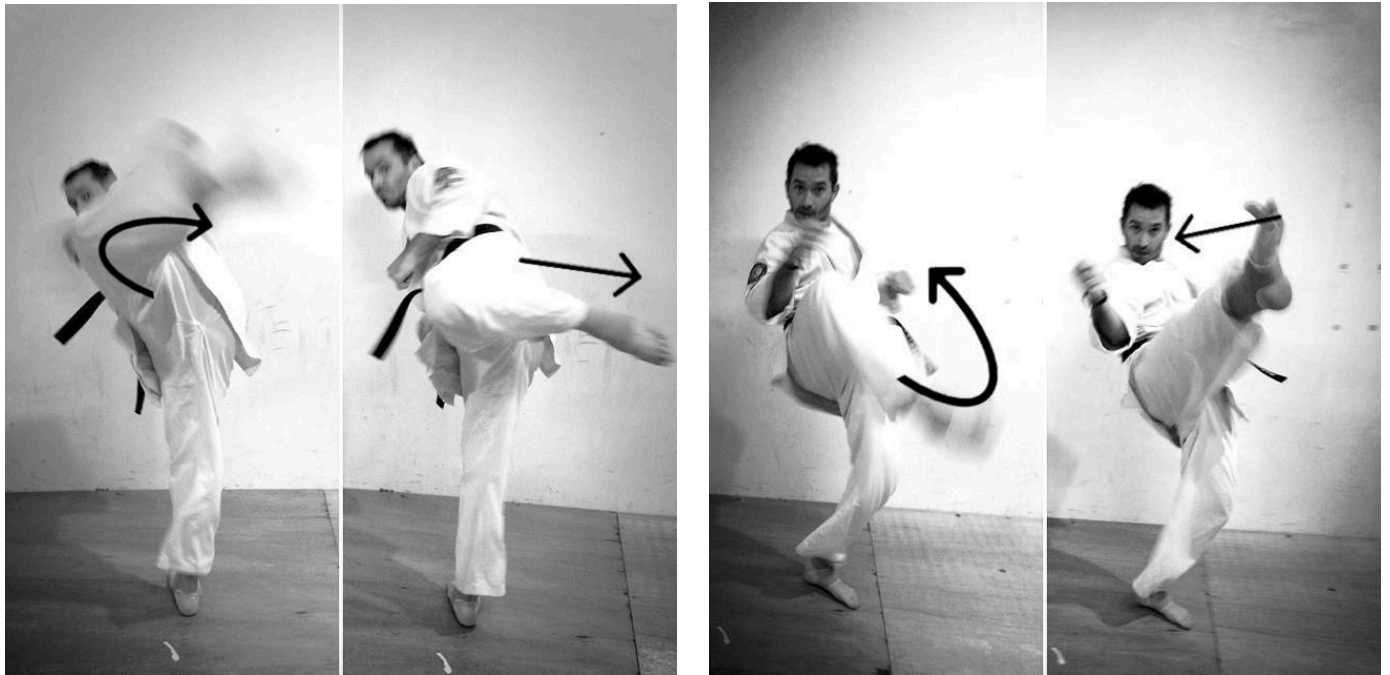
- 80 Seiken (Knuckle) push ups.
- 80 Sit ups.
- 80 Killers.
- 80 Reverse Killers.



The Brown Belt - 2nd Kyu.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Geri (Kicks): Kake Geri (Hook Kick). Ura Heisoku Geri (Inverted Instep Geri).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto MMA. (5 Rounds).

Kata (Pattern):

[Saiha \(Total Destruction – Great Wave\).](#)

Fitness Requirements:

90 Seiken (Knuckle) push ups.

90 Sit ups.

90 Killers.

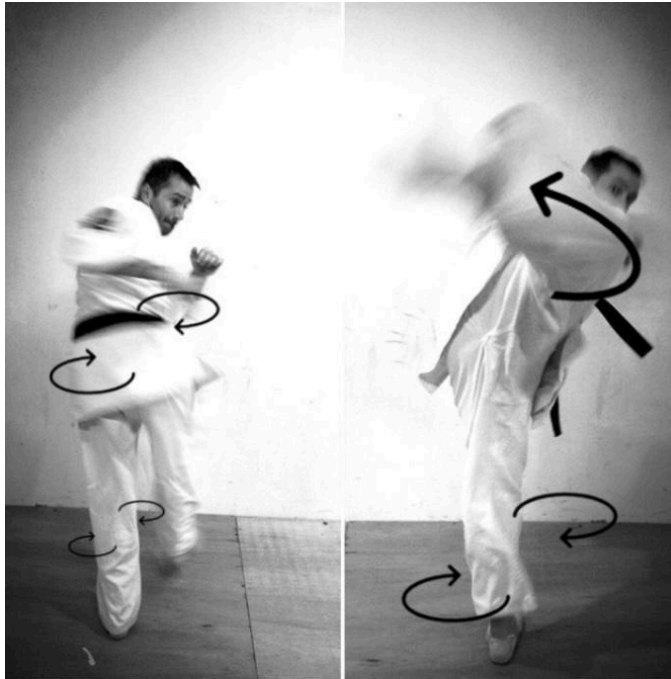
90 Reverse Killers.



The Striped Brown Belt - 1st Kyu.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Geri (Kicks): Ushiro Mawashi Geri (Spinning Roundhouse Kick).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto MMA. (10 Rounds).

Fitness Requirements:

100 Seiken (Knuckle) push ups.

100 Sit ups.

100 Killers.

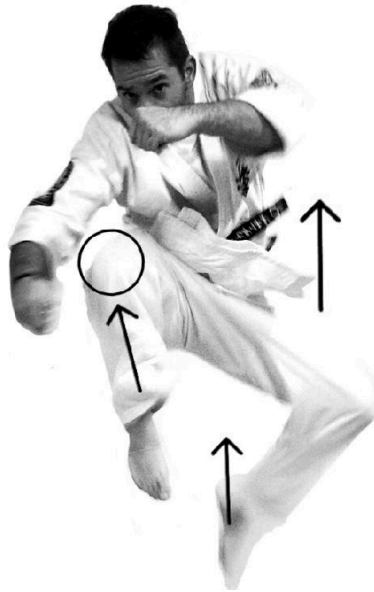
100 Reverse Killers.



The Black Belt - Kuro Obi.

Kihon (Basics) Note: Applicants must also be able to demonstrate all previous techniques.

Tobi Waza (Jumping Techniques): All types of jumping techniques including Tobi Hiza Geri (Jumping Knee), Tobi Zuki (Jumping 'Superman' Punch), all types of Tobi Geri (Jump Kicks).



Ren Raku (Combinations): All combinations of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): Kudo/Kakuto MMA. (2 vs 1).

Fitness Requirements: As directed by the examiner.

Kata (Pattern):

[Seienchin \(Trapping in Battle\).](#)

Theory:

The applicant must present an essay on Karate theory to the Dojo Examiner, titled either 'Origin...' or 'Meaning...' The essay must be presented at least 1 week prior to the official grading date.

Notes:

This is the final exam, there are no Dan's. If successful, the applicant will be eligible to attempt the [Kagemusha Dojo Challenge](#) - 30 Man Kumite.

