



POLICE JUDO SYLLABUS

(This version is dated 2020/01/01)

BEGINNERS: (White to Yellow belt)

1. THROWING TECHNIQUES:

- major outer reaping (osoto-gari)
- major inner reaping (ouchi-gari)
- hip throw (o-goshi)
- body drop (tai-otoshi)
- forward foot sweeps (de-ashi-barai)

2. GRAPPLING TECHNIQUES

- scarf hold
- shoulder hold
- movement around the body from the top/right/left/sides
- understanding escaping from bottom by shrimping, bridging, trapping and rolling

3. BREAKFALLS

- back, forward, and side
- breakfall drills with a partner
- introducing rolling breakfall
- getting up safely (moving forward and retreating)

4. CONTROL TACTICS

- elbow control, escort grip, elbow escort
- standing arm lock, bent wrist lock rollover to prone cuffing position
- basic twist lock and stand up
- straight arm bar takedown
- head hook takedown
- transport wrist lock → twist lock
- National Use of Force Framework basics (NUFF)

INTERMEDIATE: (Orange to Green belt)

1. THROWING TECHNIQUES:

- sweeping hip throwing (harai-goshi)
- single/ both arms/ both sleeves crossing (seoi-nage)
- minor outer ankle throw (kosoto-gari)
- minor inner ankle throw (kouchi-gari)
- following foot sweep (okuri-ashi-barai)
- ankle block (sasae-tsuri-komi-ashi)
- combination throws from four corners (eg. major inner reaping to outer reaping)
- throws without wearing a judo gi

2. GRAPPLING TECHNIQUES

- turnovers with basic transition techniques to hold downs and handcuffing positions
- transitions from the person on his back/in the turtle position/ flat on his stomach with arms tucked under
- basic arm extractions – “Train Switch” / “Wedge” / “Two-on-One” Police Judo arm extraction

3. BREAKFALLS

- rolling break falls to stand up position
- throw-for-throw with one or more partners

4. CONTROL TACTICS

- twist lock takedown, hammer lock takedown
- elbow drive sit down control
- standing compliant handcuffing
- shoulder cranks
- arm-included headlock
- knee press takedown, figure-four lock takedown, throat press takedown
- horizontal twist locks (front and rear)
- foot sweeps from escort grip
- neck crank, come-a-longs
- clinical lateral vascular neck restraint

ADVANCED: (Blue to Brown belt)

1. THROWING TECHNIQUES:

- inner thigh throw (uchi-mata)
- shoulder wheel (kata-guruma)
- spring hip throw (hane-goshi)
- double legs reaping osoto-guruma)
- sleeve throw (sode tsuri komi goshi)
- circle throw (tomoe-nage)
- understanding of counter throws
- throwing combinations and counter-throws (eg. major inner reap countered by forward foot sweep)
- light free-style and grappling techniques

2. GRAPPLING TECHNIQUES

- throws linking to ground control
- arrest & control group scenarios
- multiple person ground control tactics
- leg control proficiency

3. BREAKFALLS

- break falls in all directions
- Break falls for Kata

4. CONTROL TACTICS

- outer reap style leg stomp takedown
- two-person escort grip takedown
- prone handcuffing
- cranial pressure points, other pressure points
- cross-collar choke, one-wing strangle
- resistance breaking, 2- and 3-on-1 team takedowns and handcuffing
- vehicle extractions, arrestee searching
- dealing with multiple assailants
- dealing with agitators
- tackle avoidance, side-stepping
- dynamic takedowns from escort and twist lock grips
- takedowns of handcuffed parties
- full understanding of the NUFF
- throws from escort grip
- scenario-based performance testing

5. LEADERSHIP

- leading class warm-up & cool down
- setting up and taking down the mats
- helping with program administration as needed
- coaching juniors & beginners
- volunteering

6. DEMONSTRATION

- demonstrate Police Judo fighting combinations as well as linkage from standing to the ground for control
- ability to take traditional judo holds and convert to arrest and control finish positions

7. COURSES

- complete NCCP levels I & II
- attend arrest & control/ higher belt clinics
- First Aid (AED) - encouraged

BLACK BELT (see detailed curriculum www.policejudo.ca):

- proficiency in all techniques
- proven demo ability (control tactics fighting sequences)
- volunteer experience
- weapon defences
- understanding of limitations of police belt tools
- International Police Judo Clinic attendance
- proficiency in Kata training – VPD Police Judo
- grading approved by Police Judo Head Instructors
- full Black Belt Curriculum www.policejudo.ca

Black Belt = He who trains
Assistant Instructor = He who refines
Instructor = He who exemplifies