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**EJF / FEJ**

*European Jūdō Federation  
Fédération Européenne de Jūdō*



# TECHNICAL REGULATIONS

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## Table of contents

List of abbreviations .....	4
Foreword.....	4
Purposes of the EJF.....	4
1. EJF MEMBERSHIP .....	5
2. ROLES IN THE EJF STRUCTURE.....	6
2.1. National coordinators.....	6
2.2. Group leaders .....	6
2.3. Official teachers .....	7
3. GUIDELINE FOR TECHNICAL PROGRESSION IN SMR JŌDŌ .....	9
3.1. General.....	9
3.2. Curriculum by grade .....	10
3.3. Timeframe between grades.....	11
4. EXAMINATION FOR EJF GRADES .....	12
4.1. Exams program .....	12
4.2 Procedure of examination .....	14
4.3 Special cases .....	15
4.4 Period of examination.....	15
5. TEACHINGS ALLOWANCES WITHIN THE EJF.....	15



## List of abbreviations

### Structures:

HAI	Helvetic Association of Jōdō
EJF	European Jōdō Federation
FEJ	Fédération Européenne de Jōdō
IJF	International Jōdō Federation
JFUSA	US Federation of Jōdō
SMR	Shintō Musō Ryū
SRK	Sei Ryū Kai

### Roles:

GL	Group Leader: FEJ member in charge of practice and administrative issues in a dōjō or group
NC	National Coordinator: SRK Europe member having organizational and administrative responsibility in his/her country
OT	Official Teacher: SRK Europe member appointed as certified teacher in EJF
EB	Executive Board: group in charge of administrative management in EJF
TC	Technical Committee: group of official teachers
TD	Technical Direction: group of Kuden certificate holders

## Foreword

In its first form, this document was based on the regulations of the JFUSA, edited by Donn F. Draeger Sensei in 1966. The content of that regulation was presented on 29 July 1989 in Brassus (Switzerland) at the last General Assembly of the HAJ (that then assumed a European dimension), and was approved unanimously.

The EJF was constituted in Brassus at its first General Assembly, on 13 January 1990. It realizes the wish of Shimizu Takaji Sensei as transmitted to his trainee Pascal Krieger in 1970 at Rembukan in Tōkyō: *'To help create a structured European group in order to promote the teachings of the Shintō Musō Ryū in the spirit of the Ryū'*.

SRK is a branch of SMR Jōdō founded by Nishioka Tsuneo Sensei. SRK Europe was founded by Pascal Krieger Sensei in 2001.

## Purposes of the EJF

The EJF will endeavor to promote SMR Jōdō throughout Europe and will strive to respect the tradition of the Ryū and the state of mind it advocates, in accordance to the wishes of Shimizu Sensei. This will not be done through loud publicity but by forming a pole of attraction consisting of upright, sincere and hard-working members.

It is the conviction of the EJF that practicing Jōdō in the spirit of SMR elevates the individual and helps him/her integrate better in society. The EJF is nonprofit making and has an educational purpose of encouraging each and every trainee to assume his/her everyday life and to seek a mental and physical balance through the serious and regular practice of a traditional Japanese martial way.



## 1. EJF MEMBERSHIP

A holder of an up-to-date EJF license is entitled as member of the EJF.

For the best management in the EJF all trainees must comply with the following rules:

- A trainee can apply to an EJF license and must keep it up-to-date for the EJF membership through his/her GL.
- The license is purchased against a fee that includes a booklet and the first annual stamp; then, the license must be renovated each year by purchasing the annual stamp.
- The EJF license contains information about the trainee and his/her grades, as well as his/her qualifications, if any. These data must be updated and any change must be communicated to the related NC and OT, according to their roles.
- The EJF license must be presented at each seminar within the EJF, as well as the IJF. No exam is possible without an EJF license up-to-date in all its parts and the annual stamp for the current year.



## 2. ROLES IN THE EJF STRUCTURE

The SMR practice in the EJF structure relies on organizational/administrative and teaching responsibilities. NC, GL, and OT are in charge of EJF and/or SRK Europe, according to their role, and are appointed by the TD, in agreement with the persons concerned.

Individuals charged with these roles are expected to cooperate with each other and with the TD and the EB, in accordance with the EJF's purposes, to transmit the SMR Jōdō within an effective organizational structure.

The list of groups, as well as the current people involved as NC, GL, and OT are published and updated on the EJF website (<https://www.fej.ch>).

### 2.1. National coordinators

A NC is a SRK Europe member having organizational and administrative duties in his/her own country.

Each country recognized as active in the framework of the EJF for the SMR Jōdō practice has a NC. In some cases, an individual may be charged with NC responsibility for more than one country.

By accepting this role, a NC takes the responsibility for the following tasks:

- To collect and keep updated the list of the groups of trainees of his/her country.
- To report to the TD, the EB and the TC any issue concerning the development of SMR Jōdō in his/her country.
- To propose and receive proposals for technical seminars of OT in his/her country and keep track of the national calendar of activities.
- To be in touch with the TD to propose people of their country for dan grades or integration to SRK Europe.

### 2.2. Group leaders

A GL is an EJF member in charge of the practice and administrative issues in a dōjō or group. A GL must refer to his/her NC for organizational and administrative matters and to an OT for technical issues. The choice of the OT of reference is at the discretion of the GL.

By accepting this role, the GL takes the responsibility for the following tasks:

a) Technical issues:

- To develop the SMR Jōdō in its region by structure a group and propose



regular trainings.

- To engage him/herself to have regular contact, from the technical viewpoint, with his/her OT.
- To attend him/herself and encourage his/her students to participate in the seminars scheduled in the EJF calendar.
- When possible, to organize seminars with one or more OT, by referring in advance with his/her OT, and providing a written report in the week following the seminar.
- To present candidates for exams to his/her OT.

b) Administrative issues:

- To establish and keep up-to-date the list of trainees of his/her group, and send it to his/her NC every year or at his/her request.
- To collect the forms and the fees for the annual license applications, and to deliver it to the EB.
- To gather stamps and new licenses for his/her group and distribute them to the students, after checking that all data in the licenses are correct and a passport photo is included.
- To check the form filled to present his/her candidates for an exam (see §4.2), and keep and file these forms after the exam.
- To attend the General Assembly or other important meetings.
- To contact the EB through his/her NC for any support necessary for the development of SMR Jōdō in their region.

### 2.3. Official teachers

An OT is a SRK Europe member appointed by the TD as certified teacher in the EJF. OT are in charge of the transmission of SMR Jōdō in the EJF community, according to their level, with particular focus on the technical progression of the groups under their responsibility.

An OT operate in his/her group in strict contact with his/her NC and the TC.

The teaching certificates are as follows:

- Shoden (initial transmission)
- Chūden (intermediate transmission)
- Kuden (deep transmission).

These qualifications correspond to a traditional certification of teaching in SRK Europe (see §3.1), i.e., to a SMR Sho-mokuroku, Go-mokuroku, and Menkyo-kaiden, respectively.

The specifications of a Shoden certificate holder are as follows:

- a) The teaching of Kihon (Tandoku and Sōtai), Omote, Chūdan and Ran-ai waza, as well as Shintō Ryū Ken-jutsu and of Uchida Ryū Tanjō-jutsu, according to the criteria described in chapters 3 and 4.



- b) The kyū exams (up to Nikyū, 2<sup>nd</sup> kyu) of the students of his/her group during a local seminar, according to the criteria described in chapters 3 and 4.
- c) To establish and keep up-to-date the list of trainees in his/her group with their grades, to deliver to his/her NC and the EB.
- d) To write a report on the current condition of his/her group to deliver to his/her NC and the TD.
- e) The regular participation in the teachers' seminar and, besides other European seminars of the EJF, in the Kagamibiraki and the summer gasshuku. The participation in the international gasshuku (IJF) is also recommended.
- f) The attendance at the General Assembly of the EJF.
- g) The dissemination of information from the EJF within his/her group.
- h) The organization of local seminars and demonstrations according to the purposes of the EJF.

The specifications of a Chūden certificate holder are as follows:

- a) The teaching as described for Shoden plus Kage, Samidare and Gohon no midare waza, according to the criteria described in chapters 3 and 4.
- b) The kyū exams of the students of his/her group during a local seminar, according to the criteria described in in chapters 3 and 4.

Points c) to h) apply identically as those of Shoden.

The specifications of a Kuden certificate holder are as follows:

- a) The teaching of the whole curriculum of SMR Jōdō, according to the criteria described in chapters 3 and 4.
- b) The kyū and dan grades exams of the students of his/her group during a local seminar, according to the criteria described in in chapters 3 and 4.

Points c) to h) apply identically as those of Shoden/Chūden. Other specifications apply to Kudens as follows:

- i) The exclusivity of Okuden teaching and of Isshin Ryū Kusarigama-jutsu, Ikkaku Ryū Jūtte-jutsu and Ittatsu Ryū Hojō-jutsu.
- j) The responsibility for teaching and for exams at the EJF's annual European seminars, as the Kagamibiraki and summer gasshuku.

Only seminars with OT can be announced in the EJF website.





### 3. GUIDELINE FOR TECHNICAL PROGRESSION IN SMR JŌDŌ

#### 3.1. General

In the EJF, the study of the technical curriculum of SMR follows two systems:

- a) Dan grade system: within EJF, such a modern evaluation of technical levels is applied up to Yondan (4<sup>th</sup> dan). This formation includes the study of Omote, Chūdan, Ran-ai, Kage, Samidare, and Gohon no midare waza, as well as the series of Shintō Ryū Ken-jutsu and of Uchida Ryū Tanjō-jutsu. This formation lasts for a period of ten to twelve years. After that, the trainee can simply continue to repeat this very rich curriculum to understand better its deep principles.
- b) Traditional Ryū system: for the trainees who are interested to go deeper in their study of SMR, there is a possibility to enter in SRK Europe. The entry into SRK Europe is appointed by the TD. The trainee must be Sandan (3<sup>rd</sup> dan) to enter SRK Europe. The person is asked to invest him/herself more in SMR, giving priority to his/her Jō practice. In addition, being part of SRK Europe, he/she must follow the rules, often implicit, of a traditional family, as: seniority, unquestionable decisions from the TD, participation in a minimum of two European seminars a year and a training at least twice a week.

This system corresponds to the obtaining of the traditional SMR certificates:

- Okuiri (entry in the interior)
- Sho-mokuroku (first certificate)
- Go-mokuroku (later certificate)
- Menkyo-kaiden (full mastership)

The person who enter SRK Europe will receive his first traditional certificate, the other ones will follow (or not). There is no higher grade than Sandan for holders of a traditional SMR certificate.

As stated in §2.3, Sho-mokuroku, Go-mokuroku, and Menkyo-kaiden normally correspond to teaching licenses Shoden, Chūden and Kuden, respectively. However, a traditional certificate holder may not be appointed as qualified teacher (OT).

The study of the Okuden series is not included in the EJF, it is reserved only for SRK Europe members.

The study of Isshin Ryū Kusarigama-jutsu, Ikkaku Ryū Jūtte-jutsu and Ittatsu Ryū Hojō-jutsu is reserved to SRK member who completed Okuden series.

The study of Shintō Ryū Ken-jutsu and of Uchida Ryū Tanjō-jutsu is open to EJF members who are learning Omote and after completing Chūdan series, respectively.

The progression described in the following allows the trainee to experience the SMR Jōdō in optimal conditions. Any simplifications, shortcuts or alterations could defeat



the maturation work that such progression makes possible.

The trainees must always respect the proper way of transmission, that is refer to his/her GL (and in turn to his/her OT) for his/her technical progression in SMR Jōdō.

### 3.2. Curriculum by grade

Grades in the EJF includes kyū grades from Gokyu (5<sup>th</sup> kyū) to Ikkyū (1<sup>st</sup> kyū), followed by dan grades, ranging from Shodan (1<sup>st</sup> dan) to Yondan (4<sup>th</sup> dan). The following techniques must be learnt to apply to an exam, according to each level:

#### a) Kyū grades:

- Gokyū (5<sup>th</sup> kyū):
  - Kihon Tandoku
  - Basics of dōjō etiquette
- Yonkyū (4<sup>th</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote waza (Shidachi only)
  - Dōjō etiquette
- Sankyū (3<sup>rd</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote waza (Shidachi and Uchidachi)
  - Dōjō etiquette
- Nikyū (2<sup>nd</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote waza (Shidachi and Uchidachi)
  - Chūdan waza (Shidachi only)
  - Dōjō etiquette
- Ikkyū (1<sup>st</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote Waza (Shidachi and Uchidachi)
  - Chūdan waza (Shidachi and Uchidachi).
  - Dōjō etiquette

#### b) Dan grades:

- Shodan (1<sup>st</sup> dan):
  - Kihon Tankoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote, Chūdan and Ran-ai waza (Shidachi and Uchidachi)
  - Ken-jutsu (Shidachi only)
  - Dōjō etiquette, Kazari and history of the Ryū
  - Explanation of principles used during training



- Nidan (2<sup>nd</sup> dan):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote, Chūdan and Ran-ai waza (Shidachi and Uchidachi)
  - Kage waza (Shidachi only)
  - Ken-jutsu (Shidachi and Uchidachi)
  - Tanjō-jutsu (Shidachi only)
  - Dōjō etiquette, Kazari and history of the Ryū
  - Explanation of principles used during training
  
- Sandan (3<sup>rd</sup> dan):
  - Kihon Tandoku and Sōtai (Shidachi and Uchidachi)
  - Omote, Chūdan, Ran-ai and Kage waza (Shidachi and Uchidachi)
  - Samidare and Gohon no midare waza (Shidachi and Uchidachi)
  - Ken-jutsu and Tanjō-jutsu (Shidachi and Uchidachi)
  - Dōjō etiquette, Kazari and history of the Ryū
  - Explanation of principles used during training
  
- Yondan (4<sup>th</sup> dan, for EJF members not part of SRK Europe):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - Omote, Chūdan, Ran-ai and Kage waza (Shidachi and Uchidachi)
  - Samidare Waza and Gohon no midare (Shidachi and Uchidachi)
  - Ken-jutsu and Tanjo-jutsu (Shidachi and Uchidachi)
  - Dōjō etiquette, Kazari and history of the Ryū
  - Explanation of principles used during training.

### 3.3. Timeframe between grades

This point is difficult to regulate, the time between grades depending on the frequency and intensity of training and the qualifications of the teachers. The TC recommends a period of ten to twelve years of regular training to complete the SMR Jō curriculum (all other weapons excluded, but Shintō Ryū Ken-jutsu and of Uchida Ryū Tanjō-jutsu).



## 4. EXAMINATION FOR EJF GRADES

### 4.1. Exams program

The following techniques are asked by the examiners to the applicants, according to each level. The examination panel is composed of a minimum of members indicated below. However, collective commissions among OT are strongly encouraged.

#### a) Kyū grades:

- Gokyū (5<sup>th</sup> kyū):
  - Kihon Tandoku  
(This examination is symbolic, it is a traditional way to welcome the new trainee into the EJF)
  - Examiner: a Shoden certificate holder
- Yonkyū (4<sup>th</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 3 Kata of Omote waza (Shidachi only)
  - Examiner: a Shoden certificate holder
- Sankyū (3<sup>th</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 3 Kata of Omote waza (Shidachi and Uchidachi)
  - Examiner: a Shoden certificate holder
- Nikyū (2<sup>nd</sup> kyū):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata of Omote waza (Shidachi and Uchidachi)
  - 3 Kata of Chūdan waza (Shidachi only)
  - Examiner: a Shoden certificate holder
- Ikkyū (1<sup>st</sup> kyū):
  - Kihon Tandoku et Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata de Omote Waza (Shidachi and Uchidachi)
  - 3 Kata de Chūdan waza (Shidachi and Uchidachi)
  - Examiner: a Chūden certificate holder

#### b) Dan grades:

- Shodan (1<sup>st</sup> dan):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata of Omote waza (Shidachi and Uchidachi)
  - 3 Kata of Chūdan waza (Shidachi and Uchidachi)
  - Ran-ai waza (Shidachi and Uchidachi)



- 2 Kata of Ken-jutsu (Shidachi only)
- Dōjō etiquette, Kazari and history of the ryū
- Explanation of principles used during training
- Examiner: a Kuden certificate holder
  
- Nidan (2<sup>nd</sup> dan):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata of Omote waza (Shidachi and Uchidachi)
  - 2 Kata of Chūdan waza (Shidachi and Uchidachi)
  - Ran-ai waza (Shidachi and Uchidachi)
  - 3 Kata of Kage waza (Shidachi only)
  - 2 Kata of Ken-jutsu (Shidachi and Uchidachi)
  - Dōjō etiquette, Kazari and history of the ryū
  - Explanation of principles used during training
  - Examiner: a Kuden, and a Chūden or a Shoden certificate holders
  
- Sandan (3<sup>rd</sup> dan):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata of Omote waza (Shidachi and Uchidachi)
  - 2 Kata of Chūdan waza (Shidachi and Uchidachi)
  - Ran-ai waza (Shidachi and Uchidachi)
  - 3 Kata of Kage waza (Shidachi and Uchidachi)
  - 2 Kata of Samidare waza (Shidachi and Uchidachi)
  - 3 Kata of Ken-jutsu (Shidachi and Uchidachi)
  - Dōjō etiquette, Kazari and history of the ryū
  - Explanation of principles used during training
  - Examiner: two Kuden certificate holders
  
- Yondan (4<sup>th</sup> dan, for EJF members not part of SRK Europe):
  - Kihon Tandoku and Kihon Sōtai (Shidachi and Uchidachi)
  - 2 Kata of Omote waza (Shidachi and Uchidachi)
  - 2 Kata of Chudan waza (Shidachi and Uchidachi)
  - Ran-ai waza (Shidachi and Uchidachi)
  - 2 Kata of Kage waza (Shidachi and Uchidachi)
  - 2 Kata of Samidare waza (Shidachi and Uchidachi)
  - 2 Kata of Gohon no midare waza (Shidachi and Uchidachi)
  - 3 Kata of Ken-jutsu (Shidachi and Uchidachi)
  - Dōjō etiquette, Kazari and history of the ryū
  - Explanation of principles used during training
  - Examiner: two Kuden certificate holders




## 4.2 Procedure of examination

To apply to an exam, a specific form (see image below) is available as a pdf on the EJF website for printing. It must be duly completed by the GL of the candidate and then given to the examination panel accompanied by the EJF license up-to-date.

The examination will take place in the order of the techniques mentioned above. During the exam, no comments will be made. The examiners will complete the examination form for each candidate according to their judgment. This completed form will be delivered to the Secretary of the EB.

During the exam, the examiners must be attentive to the candidate's attitude as well as to his/her technical performance. Technical mistakes are not acceptable, and repetition of techniques is not permitted in case of error. According to the level examined, a mistake which will be made up for may not be sanctioned.

Any successful grade will be registered in the applicant's EJF license and in the EJF Secretariat file.



Fédération européenne de Jōdō  
European Jōdō Federation

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**Formulaire d'examens**  
**Examination form**

Nom/ Name \_\_\_\_\_

Prénoms/ First name \_\_\_\_\_

Dōjō \_\_\_\_\_

Enseignant/ Teacher \_\_\_\_\_

Debut en jōdō/ Began jōdō in \_\_\_\_\_

Promu(e)/ Promoted    oui/yes     non/no

Date et lieu de l'examen/ Date and location of the examination \_\_\_\_\_

Signature des examinateurs/ Signature of the examiners \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Ce formulaire doit être remis au Directeur technique de la FEJ.  
This photocopy must be transmitted to the FEJ Technical Director.  
A copy shall be kept by the candidate's teacher.

Grade actuel/Actual grade \_\_\_\_\_ Grade examiné/Grade examined \_\_\_\_\_

Techniques examinées/Techniques to be presented \_\_\_\_\_

\_\_\_\_\_

**Commentaires/Comments**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bon/Good     Passable/Acceptable     Insuffisant/Not acceptable

Shisei	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Ma-ai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kiai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Zanshin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Atezuke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Iunjo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kime	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Ri-ai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Connaissance de Shintō Musō Ryū /  
Knowledge of Shintō Musō Ryū



### 4.3 Special cases

In certain circumstances, it is possible for a candidate to skip a grade. For example, if the period between two grades is unusually long and the technical level of the candidate has increased significantly during this period, it remains at the discretion of the OT to present to the examination panel the candidate for an additional grade. This will be notified to him/her before the exam.

The exam should be a formality, i.e., it is supposed that the candidate is well prepared and ready. In the event of a failure, the candidate will be able to present him/herself at the earliest one month for kyū grades and three months for dan grades after the examination, and according to the possibilities of a new meeting of the examination panel.

### 4.4 Period of examination

Exams for kyū grades may be held at any time of the year, especially in local seminars, according to the levels to evaluate.

Exams for dan grades should preferably performed during the summer Gasshuku or, in some cases, at the Kagamibiraki. In exceptional cases, local or multidisciplinary seminars can host dan grade exams, provided that a proper number and qualifications of the examiners is present.

## 5. TEACHINGS ALLOWANCES WITHIN THE EJF

SMR Jōdō is a traditional non-profit martial discipline. However, it is reasonable that OT are supported in their costs for travel, food and lodging, as well as the preparation and direction of seminars. The EB and TD have therefore set a scale, which will be revised periodically. Its aim is to provide guidelines for the emoluments to which any OT is entitled during a seminar. It also takes into account that the teaching competence must be learned and therefore involves a few years of apprenticeship alongside an already qualified teacher. This scale of emoluments and fees of the OT is issued on a separate document available on demand to the EB or TD by any organizer of the European summer Gasshuku and Kagamibiraki, or local seminar within the EJF.



