

Bushido Combat Academy UK

Foundation Adults Curriculum

Bushido Combat Academy UK

Foundation Adults - 16yrs+

30 classes – 100 techniques. Adult foundation course covering 8th, 7th, 6th and 5th Kyu grades.

**Upon completion the student will progress onto
The Advance level 1 syllabus
– Adult intermediate section - 4th - 1st Kyu**



Our Adult Foundation self defence programme curriculum consist of 2 levels (4 Belts), Rotating through 30 lessons, with each lesson being 1 class (theme). These classes each containing one complete self-defence technique with anything up to 4 variations depending on distance, timing and resistance of the attacker.

These 30 classes (over 100 techniques) are trained in rotation with every class dedicated to one technique.

The Foundation "course" as it has become known, contains all and every potential scenario that you would face in an everyday street fighting situation. It is possibly the most comprehensive foundation Street safety course on the planet. And once completed could be used as a stand alone self-defence system. This means that should for any reason a student not be able to continue training after this foundation course, they will still be served for life with everything they need, and we believe it is the most solid foundation to build upon in the future that exists.

The rotation of teaching method is preferred to the traditional method of teaching a small set of moves per belt that get left behind and forgotten once a student moves on.

This rotation method allows constant (disguised) repetition and we feel provides a much better understanding of not only the technical flow but builds better retention for natural reactions.

The AJD - Adult Foundation sections are divided into 2 levels, over 4 belts. Level 1 consisting of the first 15 lesson doubled (30 class rotation) Level 2 the final 15 classes (30 class rotation)

1. AKJ - level 1 (8 & 7th Kyu) progresses through 2 belts with each student required to complete a minimum of 40 & 50 classes respectively before being assessed for each belt level.

Black progression tags will be awarded after completion of each 10 classes to indicate progression.

2. AJD level 2 (6th & 5th Kyu) rotates through the same curriculum with assessment made at every 50 & 60 classes respectively.

Once this course is completed and all grades successfully achieved, the foundation student will progress onto advanced level 1 - Intermediate adult syllabus - 4th Kyu - 1st Kyu (Purple - Brown belts)