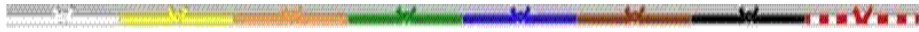


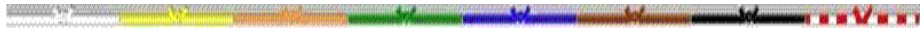
# Coolen Basic Attack System

## Examination Requirements

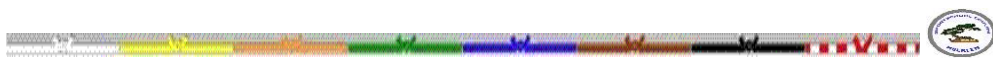
### 5<sup>e</sup> kyu – 1<sup>e</sup> kyu







*Life consists of not doing things  
and don't try to do everything*





## Foreword

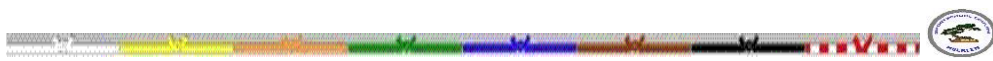
Ju-jitsu is not a sport, but a way of life. When you come to train in my ju-jitsu school you start an education, no obligation to do sports and learn tricks but a thorough training of your physical and mental resilience. You can train to a certain level or practice ju-jitsu as a life path, even into your old age...

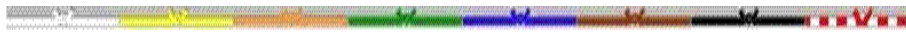
Martial arts systems are not an arbitrary collection of techniques. Each martial art arises from a cultural matrix composed by the environment and is created by individuals who are the embodiment of it. The creative genius of the individuals lies in the unique way in which they expressed their individual characters and spiritual values in the martial arts they developed. If you only practice ju-jitsu, then you practice ju-jitsu through the eyes of the teacher and you see the art almost the same as he or she does. Our achievements in ju-jitsu can sometimes be limited by the scope of the teacher's vision rather than the possibilities inherent in the art. Deepening ju-jitsu can, provide opportunities to learn from both the inside and outside. Although it is not an easy task, it is possible to dedicate yourself completely to the vision of the teacher during ju-jitsu, and then, from your own perspective, obtain a more objective vision of what you are doing and thus develop your own style.

A word of thanks to Marleen, Yvonne and Saskia for their support, feedback, support, patience, always waiting and their love.

A special thanks to René van der Meijden, Luc Scheppers, Floris- and Eline Coolen for being Uke.

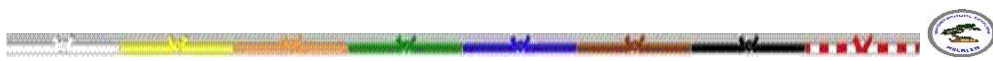
Also a big thank you to Janna Lardinois for taking the photos in chapter 2.2.





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## Introduction

Ju-jitsu has been constantly changing since its inception in 1939, especially in the Netherlands. Sometimes for the better, but often also to the detriment of the level of education, exam level and transparency towards the students.

The Coolen Basic Attack System (CBA-System) is, as already mentioned in the preface, based on the NaKoNi (cherry blossom) system, in which the basic attack is central. From the 1st Kyu (brown belt) we work according to the multiplicity system. The exam requirements, the manual and elaboration of the question have been elaborated for the Seishinkai Ju Jitsu International in the book "Exam requirements & Manual & Elaboration per Dan degree of the undersigned. Also available are the workbooks for 1st, 2nd and 3rd Dan. Finally, there is the KATA book, in which the katas (E-Bo-No-Kata, Ne-Waza-No-Kata, Goshin Jitsu-No-Kata and the Kime-No-Kata) are described according to the SJJJ guidelines.

To describe the interaction of the attack and the defense and in which phase the attack takes place, the following movement principles within ju-jitsu are important.

1st Movement principle: IRIMI: the attack is unfolding, there is no energy in uke's attack yet, there is an opening; Tori steps in and confronts Uke with his own energy and counterattacks.

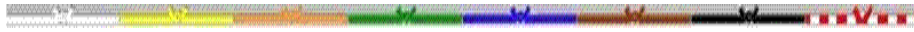
2nd Movement principle: TENKAN: uke launches the attack, tori dodges. The energy of uke neutralizes, there is an opening, steps in and counterattacks.

3rd Movement principle: KUZUSHI: uke grabs tori and pushes or pulls. Tori goes with the force and pulls or pushes. The power of uke dissolves, he/she becomes unbalanced and tori counterattacks.

In chapter 1 we see the exam requirements, in numbers per graduation, schematically shown.

Chapter 2 explains, per attack form, the defense and makes it visible with photos.

*It is important to train the system in the right order and per graduation. In addition, in the right order, to be demonstrated on an exam. This creates the reflexive action in an attack situation and most important of all, the lessons are safe for every student at his or her level.*





# 1. Skill requirements 5th kyu to 1th kyu: Coolen Basic Attack System

			5 <sup>th</sup> Kyu	4 <sup>th</sup> Kyu	3 <sup>rd</sup> Kyu	2 <sup>nd</sup> Kyu	1 <sup>st</sup> Kyu
<b>Posture</b>							
A1	Kamae		2	3	4	5	6
<b>Movement</b>							
A2	Displacement		3	4	5	6	7
<b>Falling</b>							
A3	Ukemi-Waza		3	5	7	8	9
<b>A</b>	<b>Kata</b>						
<b>A1</b>	<b>E-BO-NO Kata</b>						
	Grabblings	1 <sup>st</sup> serie	-	x	-	-	-
	Enclosures	2 <sup>nd</sup> serie	-	x	x	-	-
	Punching & Kicking	3 <sup>rd</sup> serie	-	x	x	x	-
	Weapons	4 <sup>th</sup> serie	-	x	x	x	x
<b>B</b>	<b>Ju-jitsu skills</b>						
<b>B1</b>	<b>Fencing/ Blocking</b>	<b>Uke-Waza</b>					
B1	Fencing & Blocking-kata		1	1	1	1	2
<b>B2</b>	<b>Striking, Punching &amp; Kicking</b>	<b>Atemi-Waza</b>					
B2	Atemi-kata		-	1	2	3	3
<b>B3</b>	<b>Defense against attacks</b>	<b>Grabblings</b>					
	Hand, wrist and forearm		3	4	5	6	7
	Strangulation from the front		4	5	6	8	9
	Strangulation from the side		2	3	4	5	6
	Strangulation from behind		2	3	4	5	6
	Clothing attack		2	4	5	6	7
	Hair grabbing		-	-	-	1	2
<b>B4</b>	<b>Defense against attacks</b>	<b>Enclosures</b>					
	From the front, waiste, arms free		2	3	4	5	6
	From behind, waiste, arms free		2	3	4	5	6
	From the front, waiste, arms enclosed		1	2	3	4	5
	From behind, waiste, arms enclosed		1	2	3	4	5
	Around the head		2	3	4	5	6
	Nelson hold		-	-	-	1	2
<b>B5</b>	<b>Defense against attacks</b>	<b>Striking, Punching &amp; Kicking</b>					

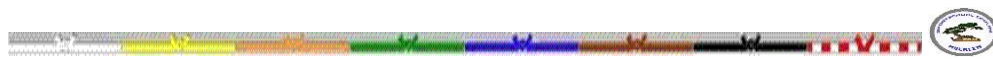


			5 <sup>th</sup> Kyu	4 <sup>th</sup> Kyu	3 <sup>rd</sup> Kyu	2 <sup>nd</sup> Kyu	1 <sup>st</sup> Kyu
	Boxing punches		2	3	4	5	6
	Kicking		1	2	3	4	5
	Striking		2	3	4	5	6

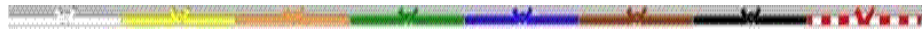
<b>B7</b>	<b>Defense against special forms of attack</b>						
	Cane defense	Kaibo	1	2	3	4	5
	Defense against stabbings	Tanto	-	1	2	3	4
	Defense with stick	Kaibo	1	2	3	4	5
	Defense against gun threats	Pistol / Revolver	-	-	-	1	2
	Storm attack defense		-	-	-	1	2
	Defense against diving attacks		-	-	-	1	2
	Defense against rope attacks		-	-	-	1	2

<b>B8</b>	<b>Defense against attacks on the ground</b>	<b>Ground attack, strangulations on the ground</b>					
	Ground attacks		2	3	4	5	6
	Strangulations on the ground		-	1	2	3	4
<b>B8</b>	<b>Indirect combinations</b>	<b>Renraku-Waza</b>					
	Free choice basic technique, with resistance		-	-	1	2	3
	Free choice basic technique, with escape		-	-	1	2	3

<b>B9</b>	<b>Takeovers</b>	<b>Geashi-Waza</b>					
	Free choice – Takeover on throw & lock		-	-	1	2	3
<b>B10</b>	<b>Special assignments</b>						
	Transportation techniques, Standing, Direct		2	3	4	5	6
<b>B11</b>	<b>Multiplicity</b>						
	Locking techniques		-	-	1	2	3
	Throwing techniques		-	-	1	2	3



<b>C</b>		<b>Unarmed attacks</b>				
<b>One attacker</b>		<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>
C1.1	Unarmed	1	1	1	1	1
C1.2	Defense against punching, striking and kicking	1	1	1	1	1
<b>Two attackers</b>						
C1.3	Unarmed			1	1	1



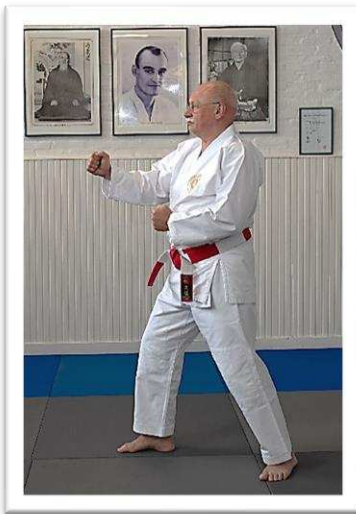
## 2. Requirements per attack form

The requirements are elaborated according to the exam requirements in chapter 1 and visible in chapters 11 and 12 where the stations are described

### 2.1. Basic skills A

#### 2.1.1. Attitude Kamae A1

##### 1. Defensive stance (5th kyu)



##### 2. Defensive stance on the ground (5th kyu)



##### 3. Attack stance (4th kyu)

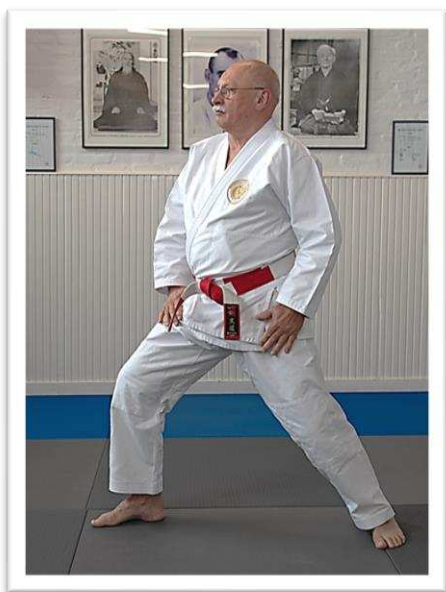


##### 4. Sideways defensive stance (3rd kyu)





## 5. Wait-and-see attitude (2nd kyu) 6. Ready attitude (1st kyu)



### 2.1.2. Moving Displacements A2

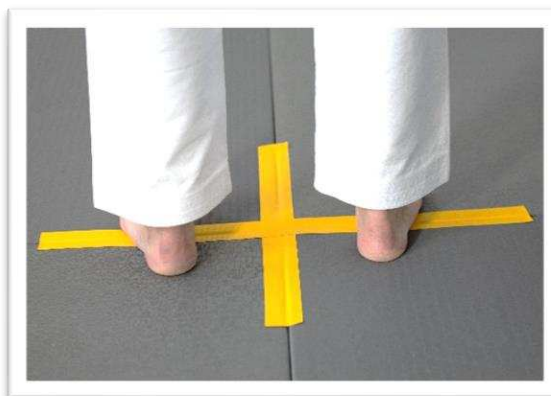
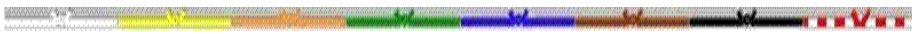
#### 1. Tsugi-ashi (5th kyu) (slide, forward and backward)



#### 2. Tai-sabaki (5e kyu) (body rotation)



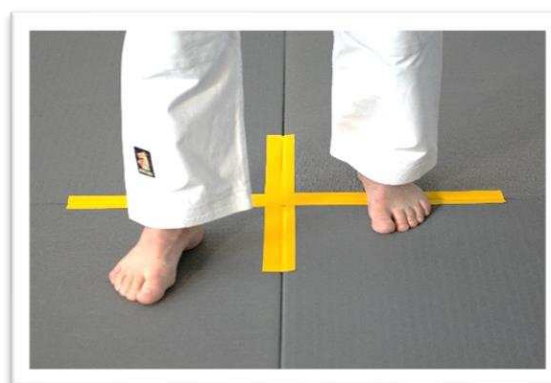


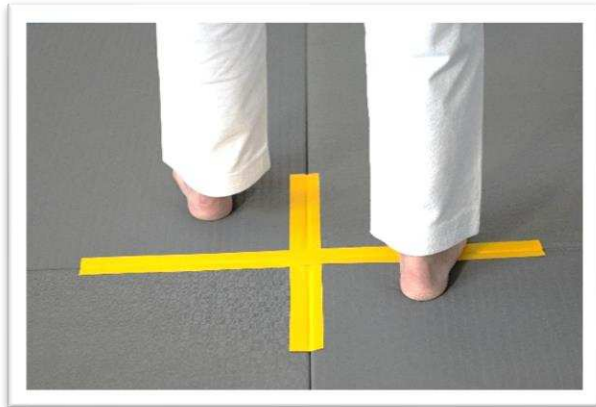
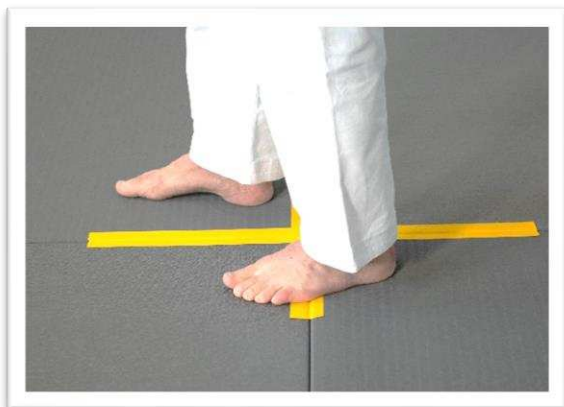
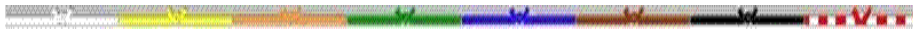


### 3. Stand up backwards (5th kyu)



### 4. Tai-sabaki 4 cardinal points (4<sup>e</sup> kyu)





**5. Tenkan-ashi (3<sup>e</sup> kyu) (double rotary pass)**

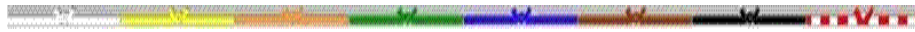


**6. Rollen en ebi (2<sup>e</sup> kyu)**



**7. Ayumi-ashi (1st kyu) (walk forward and or backward)**





### 2.1.3. Trap breaking, Ukemi-waza right and left A3

#### 1. Forward role, ready attitude (mae mawari-ukemi) (5th kyu)

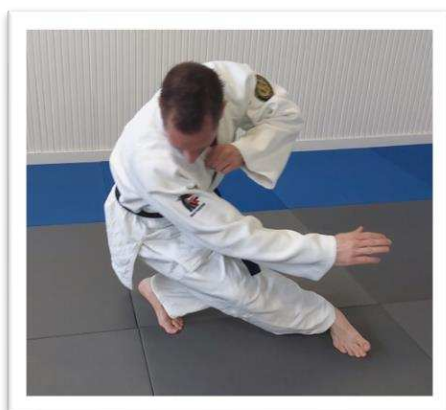


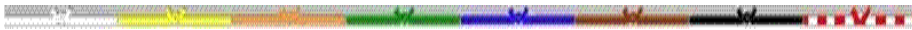
#### 2. Backward fall, lying down (1) and rolling over (2) (ushiro-ukemi) (5th kyu)

1.....2.



#### 3. Sideways of with staying down, ready posture (yoko-ukemi) (5th kyu)



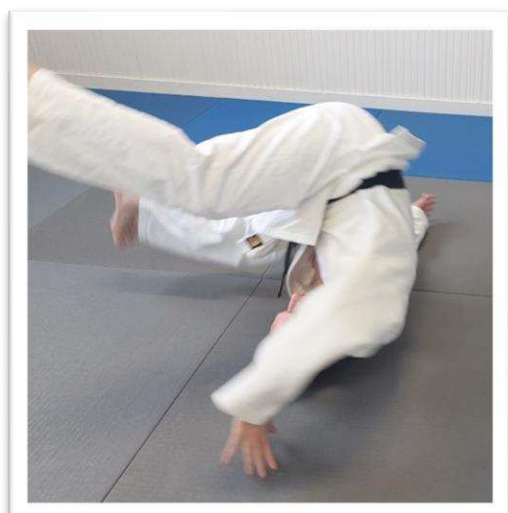


#### 4. Massive breast fall (mea-ukemi) (4th kyu)

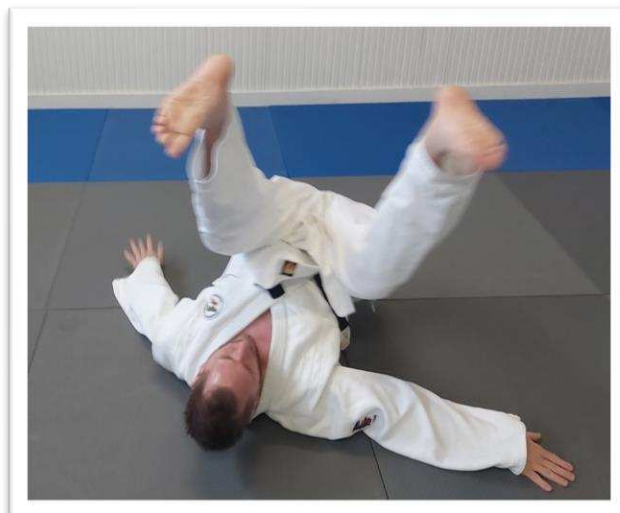


#### 5. Sideways fall with rollover (yoko-ukemi) (3rd kyu)

1.



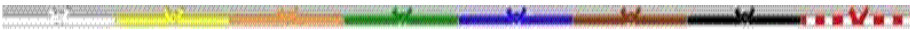
2.



#### 6. Backward fall, with rollover, over obstacle (3rd kyu)







## 7. Roll without using arms (2e kyu)



## 8. Bridgefall (1e kyu)





## 2.1.4. E-Bo-No-kata A4

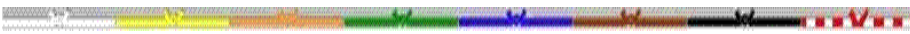
### 2.1.4. E-bo-No-Kata

#### General in defenses:

1. Each defense starts alternately from starting position 1 or starting position 2. In starting position 1, Tori has the Joseki on his right; in starting position 2, Tori has the Joseki on his left.
2. The working distance is always 4 meters. After the final defense of each series, Uke and Tori both return to the first starting position 1 and get their clothes in order.
3. After each defense, Tori, after distancing himself from Uke, adopts a ready attitude. Uke gets to his feet in Shizentai and both have eye contact. Uke averts his gaze and closes something as a sign that he is not continuing the fight and both walk to the next starting position.
4. The first two series involve surprise attacks. The frontal attacks are carried out from the movement.
5. In the attacks from the side and from behind, Tori stands first. After he has positioned himself, Uke approaches Tori in such a way that Uke remains out of Tori's field of vision (Tori looks straight ahead).
6. With the exception of the first attack of the fourth series, the attacks of the third and fourth series take place from a ready attitude of both Uke and Tori.

#### Opening ceremony:

1. Uke and Tori face each other in the starting position (distance about 6 m.). Tori has the Joseki on the right. Uke carries the weapons (knife and stick) in the left hand on the hip.
2. Both turn a quarter turn to the Joseki and salute standing (Ritsu-Rei). Both then turn back a quarter turn and greet each other standing (Ritsu-Rei).
3. Uke turns 180° counterclockwise, makes a pass left - right, joins and kneels (left - right).
4. He takes the weapons one by one with his right hand and puts them in front of him. The knife (Tanto) with handle to Joseki, sharp side away from Uke, the stick (Tanbo) above it.
5. Uke stands again (right - left), turns around (front past Joseki), makes a pass left, right and joins.
6. Tori and Uke simultaneously make an opening pass left - right (hands against the thighs) and enter the starting position 8.



1.



2.

