



## Example Examination Questions 5<sup>e</sup> kyu Ju Jitsu

### DEMONSTRATION OFF THOUGHT FORMS (PART A)

### GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
<b>Atemi Kata (Kihon) A1</b>	Tori will show his thought atemi kata's.	Atemi kata	General (Macro)
<b>Program Kata A2</b>	Tori will show his eventually committed kata's .	Kata	General (Macro)
<b>Attitude and Displacements B1.1</b> Approx. 1 min.	Tori will show some different defensive attitudes without uke.	Different defensive attitudes, like for example forwards, backwards, stand by and be prepared etc.	General (Macro)
	Tori will now also show some displacements while he is standing in a defensive attitude without uke. He has to be prepared / stand by all the time.	Different displacements, like slide walk in forward and backward direction, sideways, etc.	General (Macro)
	Tori shows some displacements while he lays on the ground without uke.	Displacements on the ground while he is prepared, so he shows his defensive attitude all the time (ebi backwards)	General (Macro)
	Tori shows turn step forms while he is in a defending attitude without uke	Different turn steps, like 90 degrees turns and 180 degrees turns.	General (Macro)
<b>Fall down techniques B1.2</b> Approx. 1 min.	Tori shows fall down techniques when he stands still.	Fall down techniques sideways, backwards and forwards rolling. Afterwards he always shows his defending attitude.	General (Macro)

## Example Examination Questions 5<sup>e</sup> kyu Ju Jitsu

### BASICAL TECHNIQUES (B2)

Part	Question form	Tori will demonstrate	Valuation
<b>Escapes (hodoki waza)</b> B2.1 Approx 2 min.	Uke attacks tori with grabbings from the front, from the side, from behind, etc. (Duo-serie 1)	Different ways to escapes after he has given an effective atemi / balance break, like for example rotation moves, lever moves, etc.	General (Macro)
<b>Blocks (uke waza)</b> B2.2 Approx 1 min.	Tori will show his blocks without uke.	Different blocks, like for example high blocks, low blocks, from inside to outside, from outside to inside, etc. As like in a kata form as well in a free form (own choice).	General (Macro)
<b>Punches and Kicks (atemi waza)</b> B2.3 Approx 1 min.	Tori will show some punches and kicks without uke.	Different punches and kicks. As like in a kata form as well in a free form (own choice).	General (Macro)
<b>Practical way</b> Approx 2 min.	In order of tori uke attacks with different punches and kicks, so tori can show his blocks.	Different blocks and he will follow with logical placed atemi's.	General (Macro)
<b>Locks</b> B2.4 Approx 2 min.	Uke will grab tori on different ways. (Duo-serie 1)	Different locks like for example straight locks, wristlocks, etc.	General (Macro)
<b>Throwing Techniques</b> B2.5 Approx 2 min.	Tori will show some different throw techniques while uke is not moving.	Different throwing techniques like for example hip- and leg throws.	General (Macro)
<b>Strangling Techniques</b> B2.6 Approx 2 min.	XXX	XXX	XXX
<b>Ne waza Techniques</b> B2.7 Circa 2 minuten	Uke lays on the ground and tori makes some different techniques to control.	Different controls like for example kesa gatame, kata gatama, mune gatame, etc.	General (Macro)

## Example Examination Questions 5<sup>e</sup> kyu Ju Jitsu

### COMBINATIONS AND ESCAPES (B3) / DEFENDING WITH WEAPON (B4)

### FIGHTING 1-2-3 (B5) / DUO SYSTEM 1-2-3-4 (B6)

Part	Question form	Tori will demonstrate	Valuation
<b>Direct Combinations (Connections) B3.1 Approx 1min</b>	Tori will force uke in a specific position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Different logical connections, like from standing towards the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	General (Macro)
<b>Indirecte Combinations (Interaction) B3.2</b>	XXX	XXX	XXX
<b>Take overs B3.3</b>	XXX	XXX	XXX
<b>Defending with weapons B4</b>	XXX	XXX	XXX
<b>Fighting 1-2-3 B5 Approx 2 min.</b>	Uke and tori will attack each other with punches and kicks. (fase 1)	Different blocks and atemi's  (fase 1)	General (Macro)
	Tori and uke will grab each other now.  (fase 2)	Displacements and different throws and locks to take uke down and he follows with different ground controls  fase 2)	General (Macro)
	Uke lays on the ground and tori will show his controls while he is reacting on uke. (fase 3)	Different ground controls, like for example kesa gatame, mune gatame, etc. (fase 3)	General (Macro)
<b>Duo system 1-2-3-4 B6</b>	XXX	XXX	XXX

## Example Examination Questions 5<sup>e</sup> kyu Ju Jitsu

### PRACTICAL WAY (PART C)

Part	Question form	Tori will demonstrate	Valuation
<b>Randori C1 Approx 2 min.</b>	Uke attacks with grabbings, he encloses and he will attack with punches, kicks, etc. (eigen keuze)	Defending techniques	General (Macro)
<b>Randori gevecht C2</b>	XXX	XXX	XXX

## Example Examination Questions 4<sup>e</sup> kyu Ju Jitsu

### DEMONSTRATION OFF THOUGHT FORMS (PART A)

### GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
<b>Atemi Kata (Kihon) A1</b>	Tori will show his thought atemi kata's.	Atemi kata	General (Macro)
<b>Program Kata A2</b>	Tori will show his eventually committed kata's .	Kata	General (Macro)
<b>Attitude and Displacements B1.1</b> Approx. 1 min.	Uke will push tori in different directions out off his balance and also to the ground. Tori will show some different defensive attitudes.	Different defensive attitudes, like for example forwards, backwards, stand by and be prepared etc. Tori will come up from the ground while he has a defensive attitude.	General (Macro)
	Tori will show some displacements while he is standing in a defensive attitude. He reacts on uke.	Different displacements, like slide walk in forward and backward direction, sideways, etc. When it is necessary tori will avoid uke's attacks.	General (Macro)
	Tori shows some displacements while he lays on the ground and will be attacked by uke.	Different displacements on the ground in a defensive attitude (ebi backwards) and he blocks and avoids the attacks from uke.	General (Macro)
	Tori and uke are showing some turn step forms while they are in a defending attitude.	Different turn steps, like 90 degrees turns and 180 degrees turns. Tori has to have a defensive attitude all the time	General (Macro)
<b>Fall down techniques B1.2</b> Approx. 1 min.	Tori shows fall down techniques when he is moving..	Fall down techniques sideways, backwards and forwards. Afterwards he always shows his defending attitude.	General (Macro)

# Example Examination Questions 4<sup>e</sup> kyu Ju Jitsu

## BASICAL TECHNIQUES (B2)

Part	Question form	Tori will demonstrate	Valuation
<b>Escapes (hodoki waza)</b> <b>B2.1 Approx 2 min.</b>	Uke attacks tori with grabbings and enclosing techniques. (Duo-serie 1 en 2)	Different ways to escapes after he has given an effective atemi / balance break, like for example rotation moves, lever moves, etc.	General (Macro)
<b>Blocks (uke waza)</b> <b>B2.2 Approx 1 min.</b>	Tori will show his blocks without uke.	Different blocks, like for example high blocks, low blocks, from inside to outside, from outside to inside, etc. As like in a kata form as well in a free form (own choice).	General (Macro)
<b>Punches and Kicks (atemi waza)</b> <b>B2.3 Approx 1 min.</b>	Tori shows some punches and kicks towards the vital places of uke	Different punches and kicks. As like in a kata form as well in a free form (own choice).	General (Macro)
<b>Practical way</b> <b>Approx 2 min.</b>	In order of tori uke attacks with different punches and kicks, so tori can show his blocks.	Different blocks and he will follow with logical placed atemi's.	General (Macro)
<b>Locks</b> <b>B2.4 Approx 2 min.</b>	In order of tori uke attacks with different grabbings and enclosing techniques (Duo-serie 1 en 2)	Different locks after he has given an effective atemi / balance break like for example straight locks, wristlocks, etc.	General (Macro)
<b>Throwing Techniques</b> <b>B2.5 Approx 2 min.</b>	In order of tori uke attacks so tori can show different throwing techniques	Different throwing techniques after he has given an effective atemi / balance break, like for example hip- and leg throws.	General (Macro)
<b>Strangling Techniques</b> <b>B2.6 Approx 2 min.</b>	Tori will order uke to lay down or stand in a specific position, he can show some strangling techniques.	Different strangling techniques	General (Macro)
<b>Ne waza Techniques</b> <b>B2.7 Circa 2 minuten</b>	Uke lays on the ground and tori makes some different techniques to control.	Different controls like for example kesa gatame, kata gatame, mune gatame, etc.	General (Macro)

## Example Examination Questions 4<sup>e</sup> kyu Ju Jitsu

### COMBINATIONS AND ESCAPES (B3) / DEFENDING WITH WEAPON (B4)

### FIGHTING 1-2-3 (B5) / DUO SYSTEM 1-2-3-4 (B6)

<b>Part</b>	<b>Question form</b>	<b>Tori will demonstrate</b>	<b>Valuation</b>
<b>Direct Combinations (Connections)</b> <b>B3.1 Approx 1min</b>	Tori will force uke in a specific position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Different logical connections, like from standing towards the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	General (Macro)
<b>Indirect Combinations (interaction)</b> <b>B3.2 Approx 2min.</b>	Uke will attack tori on different way's (own choice).Tori will defend with a basically technique, then uke have to give resistance or he has to escape. Tori will react with a logical technique to control.	Minimum of 2 combinations on resistance. Minimum of 2 combinations on escapes.	General (Macro)
<b>Take overs</b> <b>B3.3 Approx 1 min.</b>	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	Minimum of 1 take over.	General (Macro)
<b>Fighting 1-2-3 B5</b> <b>Approx 2 min.</b>	Uke and tori will attack each other with punches and kicks. (fase 1)	Different blocks and atemi's  (fase 1)	General (Macro)
	Tori and uke will grab each other now.  (fase 2)	Displacements and different throws and locks to take uke down and he follows with different ground controls  fase 2)	General (Macro)
	Uke lays on the ground and tori will show his controls while he is reacting on uke. (fase 3)	Different ground controls, like for example kesa gatame, mune gatame, etc. (fase 3)	General (Macro)
<b>Duo system 1-2-3-4</b> <b>B6 Approx 2 min.</b>	Uke attacks only by first series off duo system.	Different defending techniques (own choice)	General (Macro)

## Example Examination Questions 4<sup>e</sup> kyu Ju Jitsu

### PRACTICAL WAY (PART C)

Part	Question form	Tori will demonstrate	Valuation
<b>Randori C1 Approx 5min</b>	The examiner will order uke to attack in different ways. For example with a knife, with a stick, against the wall, with two of them, etc.	Own choice off defending techniques but there must be always a control.	General (Macro)
<b>Randori Fight C2 Approx 1min</b>	Uke will attack tori without any weapons. (own choice off attacks)	Different defending techniques.	General (Macro)

## Example Examination Questions 3<sup>e</sup> kyu Ju Jitsu

### DEMONSTRATION OFF THOUGHT FORMS (PART A)

### GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
<b>Atemi Kata (Kihon) A1</b>	Tori will show his thought atemi kata's.	Atemi kata	Pro part (Meso)
<b>Program Kata A2</b>	Tori will show his eventually committed kata's .	Kata	Pro part (Meso)
<b>Attitude and Displacements B1.1</b> Approx. 1 min.	Uke will push tori in different directions out off his balance and also to the ground. Tori will show some different defensive attitudes.	Different defensive attitudes, like for example forwards, backwards, stand by and be prepared etc. Tori will come up from the ground while he has a defensive attitude.	Pro part (Meso)
	Tori will show some displacements while he is standing in a defensive attitude. He reacts on uke which is grabbing, punching and kicking.	Different displacements, like slide walk in forward and backward direction, sideways, etc. When it is necessary tori will avoid uke's attacks.	Pro part (Meso)
	Tori shows some displacements while he lays on the ground and will be attacked by uke.	Different displacements on the ground in a defensive attitude (ebi backwards, forwards, sideways) and he blocks and avoids the attacks from uke.	Pro part (Meso)
	Tori and uke are showing some turn step forms while they are in a defending attitude.	Different turn steps, like 90 degrees turns and 180 degrees turns and double turn step forms. Tori has to have a defensive attitude all the time	Pro part (Meso)
<b>Fall down techniques B1.2</b> Approx. 1 min.	Tori will show fall down techniques while he is moving and now also over some objects.	Fall down techniques sideways, backwards and forwards. Afterwards he always shows his defending attitude.	Pro part (Meso)

## Example Examination Questions 3<sup>e</sup> kyu Ju Jitsu

### BASICAL TECHNIQUES (B2)

Part	Question form	Tori will demonstrate	Valuation
<b>Escapes (hodoki waza)</b> B2.1 Approx 2 min.	Uke attacks tori with grabbings and enclosing techniques. (Duo-serie 1 en 2)	Different ways to escapes after he has given an effective atemi / balance break, like for example rotation moves, lever moves, etc.	Pro part (Meso)
<b>Blocks (uke waza)</b> B2.2 Approx 1 min.	Tori will show his blocks without uke.	Different blocks, like for example high blocks, low blocks, from inside to outside, from outside to inside, crossed, with his legs, etc. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Punches and Kicks (atemi waza)</b> B2.3 Approx 1 min.	Tori shows some punches and kicks towards the vital places of uke	Different punches and kicks. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Practical way</b> Approx 2 min.	In order of tori uke attacks with different punches and kicks, so tori can show his blocks.	Different blocks and he will follow with logical placed atemi's.	General (Macro)
<b>Throwing Techniques</b> B2.5 Approx 2 min.	In order of tori uke attacks so tori can show different throwing techniques	Different throwing techniques after he has given an effective atemi / balance break, like for example hip- and leg throws after he took off the evt. weapon.	General (Macro)
<b>Locks</b> B2.4 Approx 2 min.	In order of tori uke attacks with different grabbings and enclosing techniques, punches and kicks, with knife or stick. Different transportation techniques (Duo-serie 1-2-3-4)	Different locks after he has given an effective atemi / balance break like for example straight locks, wristlocks, bended locks, leg locks etc. Different transportation techniques	General (Macro)
<b>Strangling Techniques</b> B2.6 Approx 2 min.	Tori will order uke to lay down or stand in a specific position, he can show some strangling techniques.	Different strangling techniques	General (Macro)
<b>Ne waza Techniques</b> B2.7 Circa 2 minuten	Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control.	Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs.	General (Macro)

## Example Examination Questions 3<sup>e</sup> kyu Ju Jitsu

### COMBINATIONS AND ESCAPES (B3) / DEFENDING WITH WEAPON (B4)

### FIGHTING 1-2-3 (B5) / DUO SYSTEM 1-2-3-4 (B6)

<b>Part</b>	<b>Question form</b>	<b>Tori will demonstrate</b>	<b>Valuation</b>
<b>Direct Combinations (Connections)</b> <b>B3.1 Approx 2min</b>	Tori will force uke in a specific position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Different logical connections, like from standing towards the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	General (Macro)
<b>Indirect Combinations (interaction)</b> <b>B3.2 Approx 2min.</b>	Uke will attack tori on different way's (own choice). Tori will defend with a basically technique, then uke have to give resistance or he has to escape. Tori will react with a logical technique to control.	Minimum of 3 combinations on resistance. Minimum of 3 combinations on escapes.	General (Macro)
<b>Take overs</b> <b>B3.3 Approx 1 min.</b>	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	Minimum of 2 take over.	General (Macro)
<b>Fighting 1-2-3 B5</b> <b>Approx 2 min.</b>	Uke and tori are trying to make points te scoren by punches and kicks. (fase 1)	Different blocks and atemi's and he will prepare for fase 2. (fase 1)	General (Macro)
	Tori and uke will grab each other now.  (fase 2)	Displacements and different throws and locks to take uke down and he follows with different ground controls  fase 2)	General (Macro)
	Uke lays on the ground and tori will show his controls while he is reacting on uke. (fase 3)	Different controls like armlocks, leglocks, etc. and he will connect these controls (fase 3)	General (Macro)
<b>Duo system 1-2-3-4</b> <b>B6 Approx 2 min.</b>	Uke attacks only by first and second series off duo system.	Different defending techniques (own choice)	General (Macro)

## Example Examination Questions 3<sup>e</sup> kyu Ju Jitsu

### PRACTICAL WAY (PART C)

Part	Question form	Tori will demonstrate	Valuation
<b>Randori C1 Approx 5min</b>	The examiner will order uke to attack in different ways. For example with a knife, with a stick, against the wall, with two of them, etc.	Own choice off defending techniques but there must be always a control.	General (Macro)
<b>Randori gevecht C2 Circa 2min</b>	Uke will attack tori with or without any weapons. (own choice off attacks)	Different defending techniques: First 1 minute against uke unarmed Then 1 minute against uke armed	General (Macro)

## Example Examination Questions 2<sup>e</sup> kyu Ju Jitsu

### DEMONSTRATION OFF THOUGHT FORMS (PART A)

### GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
<b>Atemi Kata (Kihon) A1</b>	Tori will show his thought atemi kata's.	Atemi kata	Pro part (Meso)
<b>Program Kata A2</b>	Tori will show his eventually committed kata's .	Kata	Pro part (Meso)
<b>Attitude and Displacements B1.1</b> Approx. 1 min.	Uke will push tori in different directions out off his balance and also to the ground. Tori will show some different defensive attitudes.	Different defensive attitudes, like for example forwards, backwards, stand by and be prepared etc. Tori will come up from the ground while he has a defensive attitude.	Pro part (Meso)
	Tori will show some displacements while he is standing in a defensive attitude. He reacts on uke which is grabbing, punching and kicking.	Different displacements, like slide walk in forward and backward direction, sideways, etc. When it is necessary tori will avoid uke's attacks.	Pro part (Meso)
	Tori shows some displacements while he lays on the ground and will be attacked by uke.	Different displacements on the ground in a defensive attitude (ebi backwards, forwards, sideways) and he blocks and avoids the attacks from uke.	Pro part (Meso)
<b>Fall down techniques B1.2</b> Approx. 1 min.	Tori and uke are showing some turn step forms while they are in a defending attitude.	Different turn steps, like 90 degrees turns and 180 degrees turns and double turn step forms. Tori has to have a defensive attitude all the time	Pro part (Meso)
	Tori will show fall down techniques while he is moving and now also over some objects. Now uke has to push tori in different directions.	Fall down techniques sideways, backwards and forwards. Afterwards he always shows his defending attitude.	Pro part (Meso)

## Example Examination Questions 2<sup>e</sup> kyu Ju Jitsu

### BASICAL TECHNIQUES (B2)

Part	Question form	Tori will demonstrate	Valuation
<b>Escapes (hodoki waza)</b> B2.1 Approx 2 min.	Uke attacks tori with grabbings and enclosing techniques. (Duo-serie 1 en 2) As like as standing as well on the ground	Different ways to escapes after he has given an effective atemi / balance break, like for example rotation moves, lever moves, etc.	Pro part (Meso)
<b>Blocks (uke waza)</b> B2.2 Approx 1 min.	Tori will show his blocks without uke. As like as standing as well on the ground	Different blocks, like for example high blocks, low blocks, from inside to outside, from outside to inside, crossed, with his legs, etc. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Punches and Kicks (atemi waza)</b> B2.3 Approx 1 min.	Tori shows some punches and kicks towards the vital places of uke As like as standing as well on the ground	Different punches and kicks. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Practical way</b> Approx 2 min.	In order of tori uke attacks with different punches and kicks, so tori can show his blocks. Now tori will also give uke the order to double attack. As like as standing as well on the ground.	Different blocks and he will follow with logical placed atemi's.	Pro part (Meso)
<b>Locks</b> B2.4 Approx 2 min.	In order of tori uke attacks with different grabbings and enclosing techniques, punches and kicks, with knife or stick. Different transportation techniques (Duo-serie 1-2-3-4)	Different locks after he has given an effective atemi / balance break like for example straight locks, wristlocks, bended locks, leg locks etc. Different transportation techniques	Pro part / pro technique (Meso-Micro)
<b>Throwing Techniques</b> B2.5 Approx 2 min.	In order of tori uke attacks with or without a weapon, so tori can show different throwing techniques.	Different throwing techniques after he has given an effective atemi / balance break, like for example hip- and leg throws after he took off the evt. weapon.	Pro part / pro technique (Meso-Micro)
<b>Strangling Techniques</b> B2.6 Approx 2 m.	Tori will order uke to lay down or stand in a specific position, he can show some strangling techniques.	Different strangling techniques	Pro part (Meso)
<b>Ne waza Techniques</b> B2.7 Circa 2 minuten	Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control.	Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs.	Pro part (Meso)

**Example Examination Questions 2<sup>e</sup> kyu Ju Jitsu**  
**COMBINATIONS AND ESCAPES (B3) / DEFENDING WITH WEAPON (B4)**  
**FIGHTING 1-2-3 (B5) / DUO SYSTEM 1-2-3-4 (B6)**

<b>Part</b>	<b>Question form</b>	<b>Tori will demonstrate</b>	<b>Valuation</b>
<b>Direct Combinations (Connections) B3.1 Approx 2min</b>	Tori will force uke in a specific position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Different logical connections, like from standing towards the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	Pro part (Meso)
<b>Indirect Combinations (interaction) B3.2 Approx 2min.</b>	Uke will attack tori on different way's (own choice). Tori will defend with a basically technique, then uke have to give resistance or he has to escape. Tori will react with a logical technique to control.	Minimum of 4 combinations on resistance. Minimum of 4 combinations on escapes.	Pro part (Meso)
<b>Take overs B3.3 Approx 1 min.</b>	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	Minimum of 3 take over.	Pro part (Meso)
<b>Fighting 1-2-3 B5 Approx 2 min.</b>	Uke and tori are trying to make points te scoren by punches and kicks. (fase 1)	Different blocks and atemi's and he will prepare for fase 2. (fase 1) Total fight	Pro part (Meso)
	Tori and uke will grab each other now.  (fase 2)	Displacements and different throws and locks to take uke down and he follows with different ground controls  fase 2) Total fight	Pro part (Meso)
	Uke lays on the ground and tori will show his controls while he is reacting on uke. (fase 3)	Different controls like armlocks, leglocks, etc. and he will connect these controls (fase 3) Total fight	Pro part (Meso)
<b>Duo system 1-2-3-4 B6 Approx 2 min.</b>	Uke attacks only by first and second series off duo system.	Different defending techniques (own choice)	Pro part (Meso)

## Example Examination Questions 2<sup>e</sup> kyu Ju Jitsu

### PRACTICAL WAY (PART C)

Part	Question form	Tori will demonstrate	Valuation
<b>Randori C1 Approx 5min</b>	The examiner will order uke to attack in different ways. For example with a knife, with a stick, against the wall, with two of them, etc.	Own choice off defending techniques but there must be always a control.	General (Macro)
<b>Randori fight C2 Approx3min</b>	Uke will attack tori with or without any weapons. (own choice off attacks)	Different defending techniques: First 1 minute against uke unarmed Then 1 minute against uke armed Then 1 minute against two opponents	General (Macro)

## Example Examination Questions 1<sup>e</sup> kyu Ju Jitsu

### DEMONSTRATION OFF THOUGHT FORMS (PART A)

### GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
<b>Atemi Kata (Kihon) A1</b>	Tori will show his thought atemi kata's.	Atemi kata	Pro part (Meso)
<b>Program Kata A2</b>	Tori will show his eventually committed kata's .	Kata	Pro part (Meso)
<b>Attitude and Displacements B1.1</b> Approx. 1 min.	Uke will push tori in different directions out off his balance and also to the ground. Tori will show some different defensive attitudes.	Different defensive attitudes, like for example forwards, backwards, stand by and be prepared etc. Tori will come up from the ground while he has a defensive attitude.	Pro part (Meso)
	Tori will show some displacements while he is standing in a defensive attitude. He reacts on uke which is grabbing, punching and kicking.	Different displacements, like slide walk in forward and backward direction, sideways, etc. When it is necessary tori will avoid uke's attacks.	Pro part (Meso)
	Tori shows some displacements while he lays on the ground and will be attacked by uke.	Different displacements on the ground in a defensive attitude (ebi backwards, forwards, sideways) and he blocks and avoids the attacks from uke.	Pro part (Meso)
<b>Fall down techniques B1.2</b> Approx. 1 min.	Tori and uke are showing some turn step forms while they are in a defending attitude.	Different turn steps, like 90 degrees turns and 180 degrees turns and double turn step forms. Tori has to have a defensive attitude all the time	Pro part (Meso)
	Tori will show fall down techniques while he is moving and now also over some objects. Now uke has to push tori in different directions.	Fall down techniques sideways, backwards and forwards. Afterwards he always shows his defending attitude.	Pro part (Meso)

# Example Examination Questions 1<sup>e</sup> kyu Ju Jitsu

## BASICAL TECHNIQUES (B2)

Part	Question form	Tori will demonstrate	Valuation
<b>Escapes (hodoki waza)</b> B2.1 Approx 2 min.	Uke attacks tori with grabbings and enclosing techniques. (Duo-serie 1 en 2) As like as standing as well on the ground	Different ways to escapes after he has given an effective atemi / balance break, like for example rotation moves, lever moves, etc.	Pro part (Meso)
<b>Blocks (uke waza)</b> B2.2 Approx 1 min.	Tori will show his blocks without uke. As like as standing as well on the ground	Different blocks, like for example high blocks, low blocks, from inside to outside, from outside to inside, crossed, with his legs, etc. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Punches and Kicks (atemi waza)</b> B2.3 Approx 1 min.	Tori shows some punches and kicks towards the vital places of uke As like as standing as well on the ground	Different punches and kicks. As like in a kata form as well in a free form (own choice).	Pro part (Meso)
<b>Practical way</b> Approx 2 min.	In order of tori uke attacks with different punches and kicks, so tori can show his blocks. Now tori will also give uke the order to double attack. As like as standing as well on the ground.	Different blocks and he will follow with logical placed atemi's.	Pro part (Meso)
<b>Locks</b> B2.4 Approx 2 min.	In order of tori uke attacks with different grabbings and enclosing techniques, punches and kicks, with knife or stick. Different transportation techniques (Duo-serie 1-2-3-4)	Different locks after he has given an effective atemi / balance break like for example straight locks, wristlocks, bended locks, leg locks etc. Different transportation techniques	Pro part / pro technique (Meso-Micro)
<b>Throwing Techniques</b> B2.5 Approx 2 min.	In order of tori uke attacks with or without a weapon, so tori can show different throwing techniques.	Different throwing techniques after he has given an effective atemi / balance break, like for example hip-and leg throws after he took off the evt. weapon.	Pro part / pro technique (Meso-Micro)
<b>Strangling Techniques</b> B2.6 Approx 2 min.	Tori will order uke to lay down or stand in a specific position, he can show some strangling techniques.	Different strangling techniques	Pro part (Meso)

**Ne waza  
Techniques  
B2.7  
Circa 2 minuten**

Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control.

Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs.

Pro part  
(Meso

## Example Examination Questions 1<sup>e</sup> kyu Ju Jitsu

### COMBINATIONS AND ESCAPES (B3) / DEFENDING WITH WEAPON (B4)

### FIGHTING 1-2-3 (B5) / DUO SYSTEM 1-2-3-4 (B6)

Part	Question form	Tori will demonstrate	Valuation
<b>Direct Combinations (Connections)</b> B3.1 Approx 2min	Tori will force uke in a specific position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Different logical connections, like from standing towards the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	Pro part (Meso)
<b>Indirect Combinations (interaction)</b> B3.2 Approx 2min.	Uke will attack tori on different way's (own choice). Tori will defend with a basically technique, then uke have to give resistance or he has to escape. Tori will react with a logical technique to control.	Minimum of 5 combinations on resistance. Minimum of 5 combinations on escapes.	Pro part (Meso)
<b>Take overs</b> B3.3 Approx 1 min.	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	Minimum of 4 take overs.	Pro part (Meso)
<b>Fighting 1-2-3 B5</b> Approx 2 min.	Uke and tori are trying to make points te scoren by punches and kicks. (fase 1)	Different blocks and atemi's and he will prepare for fase 2. (fase 1) Total fight	Pro part (Meso)
	Tori and uke will grab each other now.  (fase 2)	Displacements and different throws and locks to take uke down and he follows with different ground controls  fase 2) Total fight	Pro part (Meso)
	Uke lays on the ground and tori will show his controls while he is reacting on uke. (fase 3)	Different controls like armlocks, leglocks, etc. and he will connect these controls (fase 3) Total fight	Pro part (Meso)
<b>Duo system 1-2-3-4</b> B6 Approx 2 min.	Uke attacks only by first and second series off duo system.	Different defending techniques (own choice)	Pro part (Meso)

## Example Examination Questions 1<sup>e</sup> kyu Ju Jitsu

### PRACTICAL WAY (PART C)

Part	Question form	Tori will demonstrate	Valuation
<b>Randori C1 Approx 5min</b>	The examiner will order uke to attack in different ways. For example with a knife, with a stick, against the wall, with two of them, etc.	Own choice off defending techniques but there must be always a control.	General (Macro)
<b>Randori fight C2 Approx3min</b>	Uke will attack tori with or without any weapons. (own choice off attacks)	Different defending techniques: First 1 minute against uke armed and unarmed Then 1 minute against two opponents unarmed Then 1 minute against two opponents armed	General (Macro)

