



Example Examination Questions 1^e –3^e dan Ju Jitsu

DEMONSTRATION OFF THOUGHT FORMS (PART A)

GENERAL SKILLS (PART B)

Part	Question form	Tori will demonstrate	Valuation
Atemi Kata (Kihon) A1	Tori will show his thought atemi kata's.	Atemi kata	Pro part (Meso)
Program Kata A2	Tori will show his eventually committed kata's .	Kata	Pro part (Meso)
Attitude and Displacements B1.1 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)
Fall down techniques B1.2 Approx. 1 min.	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)

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ESCAPE TECHNIQUES

Dan grad	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.1 Approx. 2min.	Uke is attacking with grabbing and enclosing techniques : front, side, back.	Atemi's, displacements, escapes Take a distance (stand by / be prepared)	General (Macro)
		Uke is taking tori down by pressing, pulling or kicking and then he attacks with grabbing and enclosing techniques on the ground	Atemi's, displacements, escapes Take a distance (stand by / be prepared) at one knee or standing	General (Macro)
2 ^e dan	B2.1 Approx. 3min.	Uke is attacking with grabbing and enclosing, but first he introduces with a pressing-, pulling-, punching- or kicking technique.	Atemi's, blocks , displacements, escapes Take a distance (stand by / be prepared)	Pro part (Mesa)
		Uke is taking tori down by locking and then he attacks with grabbing and enclosing techniques on the ground.	Atemi's, blocks , displacements, escapes Take a distance (stand by / be prepared) at one knee or standing	Pro part (Mesa)
3 ^e dan	B2.1 Approx. 3min.	Uke is attacking with grabbing and enclosing techniques, but first he introduces with a pressing-, pulling-, punching-, or kicking technique.	Atemi's, blocks, displacements, escapes Take a distance (stand by / be prepared)	Pro technique (Micro)
		Uke is taking tori down by throwing and then he attacks with grabbing and enclosing techniques on the ground.	Atemi's, bocks, displacements, escapes Take a distance (stand by / be prepared) at one knee or standing	Pro technique (Micro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

MOVING AROUND THE TATAMI

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.2 Approx. 2min.	Uke is attacking with punching techniques. Uke is attacking with kicking techniques. Also double attacks.	Blocking and afterwards a minimum of two efficient and effective atemi's, then tori takes a distance and will be stand by / prepared	General (Macro)
		Uke is taking tori down by pressing, pulling or by kicking techniques and then he attacks with punching and kicking techniques,	Blocking followed by a displacement (ebi), tori must defend with a kani basami technique. Take a distance (stand by / be prepared) at one knee or standing	General (Macro)
		Tori will show his/her atemi's and blocking techniques without uke (tandoku)	Blocking techniques with arms and legs, punches and kicks. (kion kata)	General (Macro)
2 ^e dan	B2.2 B2.3 Approx. 3min.	Uke is attacking with combined punching or kicking techniques with a minimum of two. (double punch / double kick)	Double blocks followed by a minimum of two efficient en effective atemi's. Take a distance (stand by / be prepared).	Pro part (Mesa)
		Uke is taking tori down by locking (arm-, wrist-, neck-, leg lock) and then he will attack with punching and kicking techniques	Blocks followed by a displacement, tori must defend with a kani basami technique. Take a distance (stand by / be prepared) at one knee or standing	Pro part (Mesa)
		Tori will show his/her atemi's and blocking techniques without uke (tandoku)	Arm blocks , leg blocks reacting on punching and kicking techniques.	Pro part (Mesa)

Example Examination questions 1^e - 3^e dan Ju Jitsu

MOVING AROUND THE TATAMI

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
3 ^e dan	B2.2 B2.3 Approx .6min.	Uke attacks tori with combined series of punching and kicking techniques. This combined techniques must have a minimum of three punches or kicks	Double blocks followed by a minimum of two efficient en effective atemi's. Take a distance (stand by / be prepared).	Pro technique (Micro)
		Uke is taking tori down by throwing techniques and then he / she will attack with punches or kicks.	Blocks followed by a displacement, tori must defend with a kani basami technique. Take a distance (stand by / be prepared) at one knee or standing	Pro technique (Micro)
		Tori will show his / her atemi's and blocking techniques without uke (tandoku)	Arm blocks , leg blocks reacting on punching and kicking techniques.	Pro technique (Micro)

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LOCKTECHNIQUES (KANSETSU WAZA)

Dan grad	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.4 Approx. 3min.	Uke will attack tori on different way's (own choice)	Variation of locks, like straighten arm-, bended arm-, wrist- , finger-, neck- and leg locks. Even stranded as like as on the ground. Different transportation techniques (always be stand by / prepared at the end)	General (Macro)
2 ^e dan	B2.4 Approx. 4min	Uke will attack tori on different way's (own choice)	Specific lock groups, like straighten arm-, bended arm-, wrist- , finger-, neck- and leg locks. Even stranded as like as on the ground. Different transportation techniques (always be stand by / prepared at the end)	Pro part (Mesa)
3 ^e dan	B2.4 Approx. 5min	Uke will attack tori on different way's (own choice)	Specific basic techniques, like for example Waki-gatame, kote gaeshi, etc. (see exam norms) Different transportation techniques	Pro technique (Micro)

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THROWING TECHNIQUES (NAGE WAZA)

Dan grad	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.5 Approx. 3min.	Uke will attack tori on different way's (own choice)	Variation of throwing techniques, like leg-, hip-, arm-, schoulder- and offering throws and kani basami techniques.	General (Macro)
2 ^e dan	B2.5 Approx. 4min	Uke will attack tori on different way's (own choice)	Specific throw techniques, , like leg-, hip-, arm-, schoulder- and offering throws and kani basami techniques.	Pro part (Mesa)
3 ^e dan	B2.5 Approx. 5min	Uke will attack tori on different way's (own choice)	Specific basic techniques, like O soto gari, O goshi, Tai otoshi , Ippon seoi nage, etc. (see exam norms)	Pro technique (Micro)

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CONTROLLING TECHNIQUES ON THE FLOOR (NE WAZA)

Dan grad	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.7 Approx. 3 min.	Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control. He also shows some transportation techniques.	Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs. Different transportation techniques	General (Macro)
2 ^e dan	B2.7 Approx. 4 min	Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control. He also shows some transportation techniques.	Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs. Different transportation techniques	Pro part (Mesa)
3 ^e dan	B2.7 Approx. 4 min	Uke lays on the ground as well on his back as on his stomach and tori makes some different techniques to control. He also shows some transportation techniques.	Different controls like for example armlocks, leglocks, wristlocks and strangles. Now he also shows techniques to turn uke and to pass thru his legs. Different transportation techniques	Pro technique (Micro)

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STRANGLING TECHNIQUES (JIME WAZA)

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	B2.6 Approx. 3min.	Uke will attack tori on different way's (own choice) . Tori will order uke to lay down or stand in a specific position.	Variation off strangling techniques, for example with his/her legs, with his/her arms, with his/her judogi, etc.	General (Macro)
2 ^e dan	B2.6 Approx. 4min.	Uke will attack tori on different way's (own choice). Tori will order uke to lay down or stand in a specific position.	Specific strangling techniques pro part,like hadake jime, eri,jime en ashi jime. (also in Japanese now)	Pro part (Mesa)
3 ^e dan	B2.6 Approx. 5min	Uke will attack tori on different way's (own choice). Tori will order uke to lay down or stand in a specific position.	Specific basic strangling techniques like, Hadake jime, Okuri eri jime, Kata ha jime, Sankaku jime, etc. (see exam norms)	Pro technique (Micro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

DIRECT COMBINATIONS (CONNECTIONS)

→ **IMPORTANT:** **DIRECT COMBINATIONS ARE ONLY USEFULL WHEN GOING FROM ONE TO ANOTHER TECHNIQUE, THERE IS ALWAYS A BETTER SITUATION FOR TORI !**

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	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 to the ground and from the ground to standing. Like from a throwing technique towards a locking technique, from lock towards lock, etc.	General (Macro)
2 ^e dan	B3.1 Approx. 2min.	Tori will force uke in a different position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Specific logical connections, like from standing to the ground and from the ground to standing. Like from throwing technique to a locking technique, from lock to lock, etc. Control and transportation techniques. Even when uke is laying on his belly as like as he is laying on his back.	Pro part (Mesa)

3^e dan	B3.1 Approx. 3min	Tori will force uke in a different position, by, locking, throwing, strangling, etc., after that there will be a better purposeful control. Even standing as well on the ground.	Specific logical connections, like from standing to the ground and from the ground to standing. Like from throwing technique to a locking technique, from lock to lock, etc. Control and transportation techniques. Even when uke is laying on his belly as like as he is laying on his back.	Pro technique (Micro)
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Example Examination questions 1^e - 3^e dan Ju Jitsu

INDIRECT COMBINATIONS (RENRAKU WAZA)

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1^e dan	B3.2 Approx. 3min.	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.	A minimum of 5 combinations when uke react with resistance and a minimum of 5 combinations when uke react with escapes. (own choice, but with a lot off variations)	General (Macro)
2^e dan	B3.2 Approx. 3min	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.	A minimum of 6 combinations when uke react with resistance and a minimum of 6 combinations when uke react with escapes. (own choice, but with a lot off variations)	Pro part (Mesa)

3^e dan	B3.2 Approx. 3min	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.	A minimum of 7 combinations when uke react with resistance and a minimum of 7 combinations when uke react with escapes. (own choice, but with a lot off variations)	Per technique (Micro)
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Example Examination questions 1^e - 3^e dan Ju Jitsu TAKING OVER (GAESHI WAZA)

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1^e dan	B3.3 Approx. 2min.	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	A minimum of 4 variations of take over techniques. (own choice)	Pro part (Mesa)
2^e dan	B3.3 Approx. 2min.	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	A minimum of 5 variations of take over techniques. (own choice)	Pro part (Mesa)
3^e dan	B3.3 Approx. 2min.	Uke is attacking tori with a basically defending technique, tori will block or escape and takes over the attack by a logical control.	A minimum of 6 variations of take over techniques. (own choice)	Pro technique (Micro)

Example Examination questions 1^e - 3^e dan Ju Jitsu USING A STICK AS WEAPEN

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	XXX	XXX	XXX	XXX
2 ^e dan	XXX	XXX	XXX	XXX
3 ^e dan	B4 Approx. 2min	Uke is attacking tori by stroking with a stick to the head, trunk and legs. 5 times with the short stick (kai bo) and 5 times with the long one (han bo) 5x.	Blocks, avoids, disarming and using the stick as defending material.	Pro technique (Micro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

SITUATIVE APPLICATIONS

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	C1.1	Uke attacks by hand and arm attacks from the front. Uke attacks by strangling techniques, while standing from the front, from the side or from behind and on the ground. (5 positions) Uke attacks by strangling techniques against the wall from the front, from the side and from behind. Uke attacks by clothing attacks round ways and hair grips from the front and from behind.	Own choice of defending techniques	General (Macro)
	C1.2	Uke attacks by head attacks from the front, from side and from behind. Uke attacks by middle attacks from the front, from the side, from behind and lifted. Uke attacks by diving attacks from the front.	Own choice of defending techniques	General (Macro)

	C1.3	Uke attacks by strokes from above, from outside and from inside. Uke attacks by straight punches, uppercuts and hooked punches. Uke attacks by kicking. straight, circle en sideways.	Own choice of defending techniques	General (Macro)
	C1.4	Uke attacks with a short stick (kai bo) and a long stick (han bo) from above, from outside and from inside. Uke attacks by punching with a stick. Uke attacks by knife-thrusts from above, from inside, from outside, from down and straight. Uke attacks with a chain and a rope from outside, from inside and from above.	Own choice of defending techniques	General (Macro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

SITUATIVE APPLICATIONS

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
2 ^e dan	C1.1	Uke attacks by hand and arm attacks from the front. Uke attacks by strangling techniques, while standing from the front, from the side or from behind and on the ground. (5 positions) Uke attacks by strangling techniques against the wall from the front, from the side and from behind. Uke attacks by clothing attacks round ways and hair grips from the front and from behind.	Own choice of defending techniques	General (Macro)
	C1.2	Uke attacks by head attacks from the front, from side and from behind. Uke attacks by middle attacks from the front, from the side, from behind and lifted. Uke attacks by diving attacks from the front.	Own choice of defending techniques	General (Macro)

	C1.3	Uke attacks by strokes from above, from outside and from inside. Uke attacks by straight punches, uppercuts and hooked punches. Uke attacks by kicking. straight, circle en sideways.	Own choice of defending techniques	General (Macro)
	C1.4	Uke attacks with a short stick (kai bo) and a long stick (han bo) from above, from outside and from inside. Uke attacks by punching with a stick. Uke attacks by knife-thrusts from above, from inside, from outside, from down and straight. Uke attacks with a chain and a rope from outside, from inside and from above.	Own choice of defending techniques	General (Macro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

SITUATIVE APPLICATIONS

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
3 ^e dan	C1.1	Uke attacks by hand and arm attacks from the front. Uke attacks by strangling techniques, while standing from the front, from the side or from behind and on the ground. (5 positions) Uke attacks by strangling techniques against the wall from the front, from the side and from behind. Uke attacks by clothing attacks round ways and hair grips from the front and from behind.	Own choice of defending techniques	General (Macro)
	C1.2	Uke attacks by head attacks from the front, from side and from behind. Uke attacks by middle attacks from the front, from the side, from behind and lifted. Uke attacks by diving attacks from the front.	Own choice of defending techniques	General (Macro)

C1.3	Uke attacks by strokes from above, from outside and from inside. Uke attacks by straight punches, uppercuts and hooked punches. Uke attacks by kicking. straight, circle en sideways.	Own choice of defending techniques	General (Macro)
C1.4	Uke attacks with a short stick (kai bo) and a long stick (han bo) from above, from outside and from inside. Uke attacks by punching with a stick. Uke attacks by knife-thrusts from above, from inside, from outside, from down and straight. Uke attacks with a chain and a rope from outside, from inside and from above.	Own choice of defending techniques	General (Macro)

Example Examination questions 1^e - 3^e dan Ju Jitsu

FREE ATTACK

Dan grad.	Part	Question form	Tori will demonstrate	Valuation
1 ^e dan	C2 Two times Approx. 1 min.	Examiner can go on the tatami and will give the attackers different orders to attack . One attacker disarmed 1 minute. Two attackers disarmed 1 minute.	Tori defenses , blocks, displaces and chooses tactical positions shielding himself for the attackers (like using uke as his shield for example).	General (Macro)
2 ^e dan	C2 Three times Approx. 1 min.	Examiner can go on the tatami and will give the attackers different orders to attack . One attacker disarmed 1 minute. One attacker armed by short stick and knife 1 minute. Two attackers disarmed 1 minute.	Tori defenses , blocks, displaces and chooses tactical positions shielding himself for the attackers (like using uke as his shield for example).	Pro part (Mesa)

3^e dan	C2 Four times Approx. 1 min.	Examiner can go on the tatami and will give the attackers different orders to attack . One attacker disarmed 1 minute. One attacker armed by short stick and knife 1 minute. Two attackers disarmed 1 minute. One attacker with a long and short stick 1 minute.	Tori defenses , blocks, displaces and chooses tactical positions shielding himself for the attackers (like using uke as his shield for example).	Pro Technique (Micro)
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