



## Prüfungsprogramm für Ju-Jitsu/ Jiu-Jitsu 5. Kyu – 5. Dan

|                                 | 5.Kyu | 4.Kyu | 3.Kyu | 2.Kyu | 1.Kyu | 1.Dan | 2.Dan | 3.Dan | 4.Dan | 5.Dan |
|---------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Fallschule                      | x     | x     | x     | x     | x     | x     | x     | x     | x     | x     |
| Theorie                         | x     | x     | x     | x     | x     | x     | x     | x     | x     | x     |
| Handgelenkfassen                | 1     | 2     | 3     | 4     | 5     | 10    | 10    | 15    | 20    | 25    |
| Würgen                          | 1     | 2     | 3     | 4     | 5     | 10    | 10    | 15    | 20    | 25    |
| Umklammern                      | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Jackenfassen                    | 1     | 2     | 3     | 4     | 5     | 6     | 10    | 15    | 20    | 25    |
| Haarfassen                      | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Boxer/Schläger                  | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Schwitzkasten                   | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Doppelnelson                    | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Messerangriffe                  | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Stockschläge                    | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Strangulation                   | 1     | 2     | 3     | 4     | 5     | 5     | 5     | 5     | 5     | 5     |
| Fußtritte                       | 1     | 2     | 3     | 4     | 5     | 6     | 6     | 6     | 6     | 6     |
| Pistolenbedrohung               | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    |
| Festlegetechnik                 | 1     | 2     | 3     | 4     | 5     | 10    | 15    | 20    | 25    | 28    |
| Transportgriffe                 | 4     | 6     | 8     | 10    | 12    | 12    | 13    | 14    | 15    | 18    |
| Abwehr Bodenlage                | 1     | 2     | 3     | 4     | 5     | 6     | 6     | 6     | 6     | 6     |
| Judowürfe                       | 1     | 2     | 3     | 4     | 5     | 10    | 10    | 15    | 20    | 25    |
| Judo/Haltegriffe                | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 9     |
| Würgegriffe                     | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 7     | 7     | 7     |
| Vorbereitungszeit<br>in Monaten | 3     | 3     | 4     | 4     | 6     | 12    | 24    | 36    | 48    | 60    |