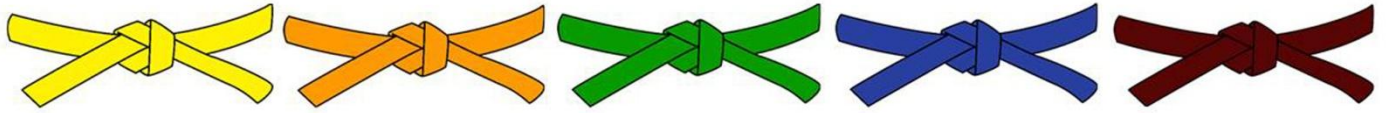




Belt promotion



Fighting-System-Jujitsu Japan

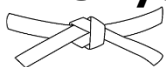


The technical exam

For color belts you do the technical exam before your own Sensei.

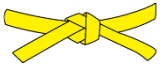
- The way of examining the own skill at color belts:
 - No compulsory questions as (example) "do Ippon-Seoi-Nage as defense" because the system doesn't ask for particular technics but asks technics that are built on the body and posture of the fighter and his/her opponent.
 - The system asks for "how do you work, with your body length, body weight and posture on different situations".
 - For the technical exams counts, that for higher belts the quantity AND the quality of shown material will be higher than previous exams.
 - If the quote is for example "Show, coming from part one". That means that you show a good combination in part one before making the assignment in part two.
 - If the quote is for example "Show, coming from part two". That means that you show a good throw or take-down in part two before making the assignment in part three.
 - Exams will be taken as written in next pages.

When you start



White belt you will receive from your Sensei when you start training Fighting System at his Dojo

After minimum of 6 month (Including the necessary competition points)



- Ukemi Waza (without partner)
 - Roll forward and backward,
 - Strait forward
 - Bridge forward and backward
 - Side fall, left-side and right-side
- Show 4 Ippon combinations (at least three kicks and punches) from part one
 - 1st ends with roundhouse punch to the head
 - 2nd ends with straight punch to the body
 - 3rd ends with straight kick to the body
 - 4th end with (reverse) roundhouse kick to the body
- Show 1 combination out of part one into part two
- Show 1 combination out of part two into part three
- Show controlled combinations between Osaewaza in part three

After minimum of 9 month (Including the necessary competition points)



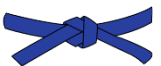
- Requirements of the yellow belt plus:
- Ukemi Waza (with partner)
 - Roll forward and backward,
 - Strait forward
 - Bridge forward and backward
 - Side fall, left-side and right-side
- Show 5 full combinations that earns Full-Ippon
- Show one throw/takedown backwards, one throw/takedown sideward and one throw/takedown forward
- Show 2 times, coming from Osaewaza making lock or strangulation
- Show 2 times, from guard making lock or strangulation

After minimum of 1 year (Including the necessary competition points)



- Requirements of the orange belt plus:
- Show, coming from part one
 - 2 throws or takedowns backwards
 - 2 throws or takedowns sideward
 - 2 throws or takedowns forward
- Show 2 times, 3 locks in movement in part three
- Show 2 times, 2 strangulations in movement in part three
- Show a combination of minimum 1 strangulation with minimum 2 locks in movement in part three

After minimum of 1½ years (Including the necessary competition points)



- Requirements of the green belt plus:
- Show, 5 times a combination between two throws/takedowns with a follow-up in part three
- Show in movement in part two, two times
 - A lock
 - A strangulation
- Show in movement in part three a combination containing
 - 3 arm locks
 - 2 wrist locks
 - 1 leg lock
- Show 5 full combinations that earns Full-Ippon and ends with lock or strangulation

After minimum of 1½ years (Including the necessary competition points)



- First do theoretical and practical exam club-referee with good result. (can be done in the 1½ year waiting time)

After waiting time and getting the referee degree he/she can do the rest of the exam

- Requirements of the bleu belt plus:
- Show, coming from part one, 5 times a combination between two throws/takedowns with a follow-up in part three. Use different directions *¹
- Show, 5 times a overtake of a throw/takedown in part two with a follow-up in part three *²
- Show, 2 times a overtake of a (attempted) lock or strangulation in part two *²
- Show in part three, coming from part two, 3 times a combination between lock and strangulation or strangulation and lock
- Show 3 times a overtake off a (attempted) lock and or a (attempted) strangulation, ending with lock or strangulation in part three *²

**¹ first show the first technique completely. 2nd time show the combination with the escape / block from your partner*

**² first your partner shows the first technique completely. The 2nd time you take over that technique*

Author:



Peter Smid
7th Dan Ju-Jitsu
Worldreferee A – JJIF (1983/2022)
Observer/Coach/Instructor - JJIF
Senior Supervisor of the
All Japan Ju-Jitsu Federation