

1. Basic or fundamental techniques:

	5 th Kyu	4 th Kyu	3 rd Kyu	2 nd Kyu	1 st Kyu	1 st Dan-Grad
preparation time	one year each					
1 falling and rolling techniques	3	6	the entire falling techniques			
2 evading techniques	2	3	4	5	8	12
3 blocking techniques	2	4	6	8	8	10
4 striking	2	4	6	8	8	20
5 kicking techniques	1	2	4	5	7	12
6 throwing techniques (grappling)	2	4	6	8	10 & 2 combinations/ counter-techniques	25 & 3 combinations (Renzoku-waza)/3 counter techniques (Kaeshi-waza)
7 joint lock techniques	2	4	6	8	10	30
8 strangling techniques (choking)	2	4	6	8	10	15
9 fixing techniques	1	2	3	4	6	12
10 techniques of transportation	1	2	3	4	5	10

**2 defence techniques
- against:**

2.1 hand or arm grabbing	1	4	6	8	10	20
2.2 collar grabbing	2	4	6	7	8	15
2.3 hair pulling	1	2	3	3	3	10
2.4 strangling	2	4	6	7	8	15
2.5 chest chins	2	4	6	7	8	15
2.6 head chins	1	2	3	4	5	10
2.7 Nelson/double nelson	—	—	1	2	3	3
2.8 foot attacks	1	2	4	6	8	15
2.9 fist attacks	1	2	4	5	6	15
2.10 stick attacks	1	2	4	6	8	15
2.11 knife attacks	—	2	4	6	8	10
2.12 movable objects	—	—	1	2	4	4
2.13 handguns	—	1	2	4	5	5

**3 free protection
- against:**

3.1 announced attacks with contact	—	one opponent	various opponents
3.2 announced attacks without any contact	—	one opponent	various opponents
3.3 announced attacks with weapons (stick, knife, chain, other objects, pistol)	—	one opponent	various opponents
3.4 free attacks with contact	—	one opponent	various opponents
3.5 free attacks without any contact	—	one opponent	various opponents
3.6 free attacks with weapons (stick, knife, chain, other objects, handgun)	—	one opponent	various opponents

4 examination scheme 1st Dan Jiu-Jitsu/SD

Conditions :

- see the rules of the examination procedure
- appropriate compulsory training courses
- provide a current First - Aid course certificate

Knowledge:

- master the entire technical scheme of the Kyu-grades on a high level (according to a master's grade)

Defence techniques:

- parry a free attacking opponent. The opponents change at least 3 times.
- Up to 60 techniques should be demonstrated.

Throwing techniques:

- show 25 throwing techniques from the Gokyo – self defence
- 3 combinations (Renzoku-waza)/3 counter techniques (Kaeshi-waza)

Teaching qualification:

- should be furnished by a teaching qualification certificate or a trainer's licence

Theory:

- presentation of the legal provisions you have to follow when using Jiu-Jitsu/ SD and explanation of the etiquette

5 examination scheme 2nd Dan Jiu-Jitsu/SD

Conditions :

- see the rules of the examination procedure
- appropriate compulsory training courses
- provide a current First - Aid course certificate

Knowledge:

- master the entire technical scheme of the Kyu-grades and the 1st Dan- grades on a high level (according to a 2nd master's grade)

Defence techniques:

- parry a free attacking opponent. The opponents change at least 3 times.
The main focus is on the defence against weapons and dangerous objects.
Up to 50 techniques should be demonstrated.
- parry 2 free attacking opponents with or without any weapons.
Up to 40 techniques should be shown. Attacks should be run on both sides.

Throwing techniques: - 5 combinations (Renzoku-waza)/5 counter techniques (Kaeshi-waza)

Teaching qualification:

- should be furnished by a teaching qualification certificate or a trainer's licence

6 examination scheme 3rd Dan Jiu-Jitsu/SD

Conditions:

- see the rules of the examination procedure
- appropriate compulsory training courses
- provide a current First - Aid course certificate

Knowledge:

- master the examination scheme up to the 2nd master's grade on the highest level (according to the technical level of the 3rd Dan-grade)

Defence techniques:

- examples of defence series against multiple opponents
- 4 defensive actions of free choice in emergency situations
- 15 defence techniques with a stick

Throwing techniques:

- show 25 throwing techniques from the Gokyo/SD
3 combinations (Renzoku-waza)/3 counter techniques (Kaeshi-waza)

Kyusho- and
Ate-waza:

- Demonstration and explanation (the dangerousness and their effects on the human body).

7 examination scheme 4th Dan Jiu-Jitsu/SD

Conditions : - see the rules of the examination procedure
- appropriate compulsory training courses
- provide a current First - Aid course certificate
- Evidence of two independently done courses on state level

Defence techniques: - a demonstration of self-defence techniques from different Budo-disciplines (at least 30 techniques should be shown and explained).

Teaching qualification: - should be furnished by a teaching qualification certificate or a trainer's licence

Theory: 15- minute lecture on the nature and history of the Budo-disciplines

8 examination scheme 5th Dan Jiu-Jitsu/SD

Conditions: - see the rules of the examination procedure
- appropriate compulsory training courses
- provide a current First - Aid course certificate
- evidence of 3 independently done courses on at least state level
- active participation in the WKU/GCO, at least on state level.

Defence techniques: - a freely elected special program in theory and practise should be demonstrated. The practical part should comprise at least 60 minutes