

# Jujitsu Test

1. Use this test to determine approximate number of techniques expected for each rank.
2. Use of this test is voluntary but highly recommended.
3. Test does not need to be submitted with RFP/RFV paperwork. However; if test is used the Score Sheet should be submitted.
4. Candidate should mark under 'Select' each technique they want to do for the test.
5. Provide name for each technique selected.
6. Demonstrate at least 1 technique on each list as left handed.
7. Examiner should mark score from 0 to 4 for each technique performed.
  1. Totally ineffective
  2. Basic understanding of technique.
  3. Effective with cooperative uke. Movement and kuzushi lacking.
  4. Effective against aggressive uke. Movement and kuzushi effective.
  5. Good understanding and application of the principles of the technique.
8. Number of techniques required is cumulative from previous rank. Example: 5<sup>th</sup> kyu lists 61, 6<sup>th</sup> kyu lists 36 - that means 5<sup>th</sup> kyu should learn 25 new techniques.

## Wrist Grab Escapes List 1

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
4	8	10	12	12	12	12	12	12	12	12	12

Demonstrate a variety of escapes from various types of wrist grabs.

Score	Select	Technique Name	Score	Select	Technique Name
		1			7
		2			8
		3			9
		4			10
		5			11
		6			12

## Clothing Grab Escapes List 2

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	2	4	6	6	6	6	6	6	6	6	6

Demonstrate a variety of escapes from various types of clothing grabs.

Score	Select	Technique Name	Score	Select	Technique Name
		1			4
		2			5
		3			6

## Bear Hug Escapes List 3

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	4	4	4	4	4	4	4	4	4	4

Demonstrate a variety of escapes from various types of bear hugs

Score	Select	Technique Name	Score	Select	Technique Name
		1			3
		2			4

**Chokes List 4**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	5	6	6	6	6	6	6	6	6	6

Demonstrate various ways to effectively choke or strangle your opponent.

Score	Select	Technique Name	Score	Select	Technique Name
		Front			Naked
		Front			Naked
		Front			Naked
		Rear			Other
		Rear			Other
		Rear			Other

**Choke Escapes List 5**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	5	6	6	6	6	6	6	6	6	6

Demonstrate various escapes from different types of chokes.

Score	Select	Technique Name	Score	Select	Technique Name
		Front			Naked
		Front			Naked
		Front			Naked
		Rear			Other
		Rear			Other
		Rear			Other

**Throws List 6**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	5	7	9	11	12	16	20	20	20	20

Demonstrate throws appropriate for use as self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			11
		2			12
		3			13
		4			14
		5			15
		6			16
		7			17
		8			18
		9			19
		10			20

**Strikes List 7**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
4	8	10	12	12	15	15	15	15	15	15	15

Identify body target areas and demonstrate 2 different strikes to each area.

Score	Select	Technique Name	Score	Select	Technique Name
		1			9
		2			10
		3			11
		4			12
		5			13
		6			14
		7			15
		8			

**Strike Defenses List 8**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
4	8	10	12	12	15	15	15	15	15	15	15

Demonstrate EFFECTIVE blocks, parries, defenses for different strikes.

Score	Select	Technique Name	Score	Select	Technique Name
		1			9
		2			10
		3			11
		4			12
		5			13
		6			14
		7			15
		8			

**Weapon Defenses List 9**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	2	4	6	8	10	12	15	17	20

Demonstrate various defenses against; knife, gun, club or other weapon attacks that would typically be used in self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			11
		2			12
		3			13
		4			14
		5			15
		6			16
		7			17
		8			18
		9			19
		10			20

### Head Lock Escapes List 10

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	4	4	4	4	4	4	4	4	4	4

Demonstrate a variety of escapes from various types of head locks.

Score	Select	Technique Name	Score	Select	Technique Name
		Front			Rear
		Front			Rear

### Joint Locks List 11

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	4	6	8	10	12	14	16	18	20	20	20

Demonstrate joint locks appropriate for self defense. Include fingers, wrists, elbow, knee, neck/head.

Score	Select	Technique Name	Score	Select	Technique Name
		1			11
		2			12
		3			13
		4			14
		5			15
		6			16
		7			17
		8			18
		9			19
		10			20

### Ground Control Holds List 12

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	2	3	5	7	9	10	11	12	13	14	15

Demonstrate various controls with opponent on mat appropriate for self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			6
		2			7
		3			8
		4			9
		5			10

### Ground Escapes List 13

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	2	3	5	5	5	5	5	5	5	5	5

Demonstrate various escapes from ground controls appropriate for self-defense.

Use strikes, locks, chokes, pins.

Score	Select	Technique Name	Score	Select	Technique Name
		1			4
		2			5
		3			

**Kata List 14**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	1	1	2	2	2	2	2	2	2

Demonstrate kata with techniques that are appropriate for self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			2

**Teaching List 15**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	3K	1D	2D	3D	4D	4D

Demonstrate ability to teach jujitsu up to rank listed above.

Score	Select	Technique Name	Score	Select	Technique Name
		1			2

**Positional Defense List 16**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	2	3	5	7	9	10	11	12	13	14	15

Demonstrate defenses from kneeling, sitting, lying positions appropriate for self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			6
		2			7
		3			8
		4			9
		5			10

**Multiple Attackers List 17**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	2	2	3	3	3	3

Demonstrate defenses against 2 or more attackers.

Score	Select	Technique Name	Score	Select	Technique Name
		1			3
		2			

**Weapons Use List 18**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	1	2	3	3	3

Demonstrate proficient use of weapons, either traditional or modern.

Score	Select	Technique Name	Score	Select	Technique Name
		1			3
		2			

**Combinations List 19**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	2	4	6	8	10	10	10	10	10

Demonstrate techniques incorporating at least: 1 strike, 1 throw/takedown, and 1 ground control/ joint lock, or choke.

Score	Select	Technique Name	Score	Select	Technique Name
		1			6
		2			7
		3			8
		4			9
		5			10

**Counters to Throws List 20**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	2	4	6	8	10	10	10	10	10

Demonstrate various techniques (not just throws) to counter being thrown.

Score	Select	Technique Name	Score	Select	Technique Name
		1			6
		2			7
		3			8
		4			9
		5			10

**Presentation List 21**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	1	1	1	1	1	1

Present short oral or written presentation on history and principles of jujitsu.

Score	Select	Comments
		1

**Anatomy List 22**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	1	1	1	1

Demonstrate basic knowledge of anatomy including major bones, muscles, vital areas.

Score	Select	Comments
		1

**Breakfalls / Rollouts List 23**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
5	5	8	8	8	8	8	8	8	8	8	8

Demonstrate both left and right sided.

Score	Select	Technique Name	Score	Select	Technique Name
		1			5
		2			6
		3			7
		4			8

**Instructor Directed List 24**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
3	5	7	9	13	19	42	52	52	52	52	52

Demonstrate throws appropriate for use as self-defense.

Score	Select	Technique Name	Score	Select	Technique Name
		1			27
		2			28
		3			29
		4			30
		5			31
		6			32
		7			33
		8			34
		9			35
		10			36
		11			37
		12			38
		13			39
		14			40
		15			41
		16			42
		17			43
		18			44
		19			45
		20			46
		21			47
		22			48
		23			49
		24			50
		25			51
		26			52

**Total # Techniques Per Grade (cumulative from previous rank)**

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
36	61	87	116	134	161	198	223	236	244	248	253

## JUJITSU RANK EXAMINATION SUMMARY SCORE SHEET

This page is a fillable form and should be filled in on a computer using Adobe Reader or Acrobat

List #	Rank											
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1 Wrist Grab Escapes												
2 Clothing Grab Escapes												
3 Bear Hug Escapes												
4 Chokes												
5 Choke Escapes												
6 Throws												
7 Strikes												
8 Strike Defenses												
9 Weapon Defenses												
10 Head Lock Escapes												
11 Joint Locks												
12 Ground Control Holds												
13 Ground Hold Escapes												
14 Kata												
15 Teaching												
16 Positional Defenses												
17 Multiple Attackers												
18 Weapons Use												
19 Combinations												
20 Counters to Throws												
21 Presentation												
22 Anatomy												
23 Breakfalls/Rollouts												
24 Instructor Directed												

Expected Minimum Score per technique	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score per technique	2.6	2.6	2.6	2.8	2.8	2.8	3	3	3	3	3	3.3
# Skills Required	36	61	87	116	134	161	198	223	236	244	248	253
Minimum Pass Score	80	135	192	276	319	383	504	568	602	622	632	710
Total Score												

Examiner #1 Name: \_\_\_\_\_ Rank: \_\_\_\_\_ CRE Status: \_\_\_\_\_ Signature: \_\_\_\_\_  
 Examiner #2 Name: \_\_\_\_\_ Rank: \_\_\_\_\_ CRE Status: \_\_\_\_\_ Signature: \_\_\_\_\_  
 Examiner #3 Name: \_\_\_\_\_ Rank: \_\_\_\_\_ CRE Status: \_\_\_\_\_ Signature: \_\_\_\_\_