



Examination Manual

Seishinkai Ju Jitsu International

Elaboration per Dan-degree







Preface

Martial art systems are not a random collection of techniques. Every martial art arises from a cultural and environmental matrix, and is created by the individuals who embody it. The creative genius of these individuals lies in the unique way in which they expressed their individual characters and spiritual values in the martial arts they developed.

If you only practice ju-jitsu, you are practicing ju-jitsu through the eyes of the teacher and you see the art much the same as he or she does. Our achievements in ju-jitsu can sometimes be limited by the scope of the teacher's vision, rather than the possibilities inherent in the art. Deepening ju-jitsu can provide opportunities to learn from both the inside and the outside. Although it is not an easy task, it is possible to devote yourself completely to the teacher's vision during ju-jitsu. And then, from your own perspective, obtain a more objective vision of what you are doing and thus create your own style.

As the Technical Board of the Seishinkai Ju-Jitsu International, it is our responsibility to ensure that the Dan exam requirements are worked out in a clear and orderly manner. Practice has shown that there are uncertainties about the established examination requirements. As a result, we have decided to work out in detail the entire Dan exam requirements for the different Dan degrees. This document should therefore ensure that candidates can better prepare for a Dan exam, and also that the examination of the exams will become less complex.

While preparing this document, we, the Technical Board, have thought thoroughly about every part of the Dan exams for the different Dan degrees. There have been several discussions about different parts, but due to intensive cooperation and determination, we are proud of the result of this elaboration of the Dan exam requirements.

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1. Introduction

In this document, the examination requirements for the Dan degrees within Seishinkai Ju-Jitsu International are fully explored. The entire Dan exam is divided into three different blocks. Block A: Kata, Block B: Ju-Jitsu Skills and Block C: Applications. These three blocks are again subdivided into twelve different themes, each theme relating to a specific area within Ju-Jitsu.

In chapter 2 of this document, these twelve different themes of the Dan exam are elaborated in a transparent way. These elaborations are broken down per Dan degree, whereby it is made clear what will be asked of the candidate during the exam and how these questions will be formulated during the exam.

Chapter 3 contains clear schematics of the Dan exam requirements per Dan degree. These are the summaries of the twelve themes as described in the previous chapter.

Various official documents can be found in the appendices, such as the official elaborations of the Katas recognized by the Seishinkai and explanations about the attack groups. Added in appendix I, for the E-BO-no-Kata the assessment criteria per series are expressed in percentages and in appendix II the Ne-Waza-Jitsu-no-Kata, the assessment criteria are again expressed in percentages for attack, body displacement, atemi plus Kiai, connecting between technique and the final stage. Finally, appendix IX lists the skill requirements for 5th kyu to 1st kyu, divided into multiplicity and according to the basic attack standards.



2. Elaboration of the Dan exam per theme

In this chapter of the exam requirements for the Dan degrees, all twelve themes of the Dan exam are clearly elaborated. Each theme within the exam requirements relates to a specific area within Ju-Jitsu, such as Kata, Atemi-Waza, Hodoki-Waza, Uke-Waza, Multiplicity, Kansetsu-Waza, etc. For each theme it is clarified what the theme actually contains and what is required of the candidate per Dan degree.

2.1 Theme A: Kata

Theme A: Kata is the theme which is part of Block A of the Dan exam. In total, there are four different Katas which are recognized by the Seishinkai as official Katas for the Dan exams: E-Bo-no-Kata, Ne-waza-Jitsu-no-Kata, Goshin-Jitsu-no-Kata and the Kime-no-Kata. Each Kata must be executed according to the prescribed guidelines of these Katas. These prescribed guidelines can be found in appendices I to IV of this document. It differs per Dan degree which Kata/Katas the candidate has to demonstrate. Table 1 below clearly shows which Katas per Dan degree are required by the Seishinkai.

A	Kata	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
A1	E-Bo-no-Kata	X	X	X	X	X
A2	Ne-waza-Jitsu-no-Kata	-	X	X	X	X
A3	Goshin-Jitsu-no-Kata	-	-	-	X	X
A4	Kime-no-Kata	-	-	-	-	X

Table 1: Overview Exam demands Theme A: Kata

2.2 Theme B1: Own assignment

Theme B1: Own assignment is part of Block B: Ju-Jitsu skills. Within Theme B1, the candidate makes his own assignment. The candidate's own assignment can be seen as writing his/her own personal Kata. The candidate is free to determine which techniques he/she will incorporate. However, as per the examination requirements, only the number of techniques and the attack groups against which the candidate must defend himself are fixed.

2.2.1 Requirements for own assignment

The Examination Board has little or no influence on the content of the own assignment. However, to ensure that a standard quality is maintained, requirements are set for the structure of the own assignment. For example, the own assignment must actually become a digital document which is printed and handed over to the examiners at the start of the exam.

The elaboration of the own assignment contains a description of the ceremonies that the candidate will use for his/her Kata. The ceremony may differ from the ceremonies used in the official Kata, but it is not a requirement. In addition, the Kata is divided into four different attack groups: Grabbings/Enclosures, Atemi-Waza, Armed Attacks and Ground Attacks. Within these four attack groups, the candidate specifies the required number of defenses per Dan degree, see table 2. The candidate will also present his techniques digitally in a well-arranged manner. The candidate can process this by describing the actions of both Uke and Tori step by step or, for example, by making a schematic representation of the technique. The candidate is free to adopt his own interpretation.



B1	Own assignment	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B1.1	5 Defenses against Grabbings/Enclosures	-	-	20	-	-
	5 Defenses against Atemi-Waza					
	5 Defenses against armed attacks					
	5 Defenses against ground attacks					
B1.2	7 Defenses against Grabbings/Enclosures	-	-	-	25	-
	6 Defenses against Atemi-Waza					
	6 Defenses against armed attacks					
	6 Defenses against ground attacks					
B1.3	8 Defenses against Grabbings/Enclosures	-	-	-	-	30
	8 Defenses against Atemi-Waza					
	7 Defenses against armed attacks					
	7 Defenses against ground attacks					

Table 2: Requirements Theme B1 Own assignment per Dan degree

2.2.2 Assessment own assignment

The own assignment is assessed in two different ways. Both on substantive aspects and on technical aspects. The substantive aspects of one's own assignment include: Correct language use, correct terminology (including correct Japanese names), clarity and processing of the attacks as indicated per Dan degree. As for the technical aspects of the own assignment, the following aspects are assessed: Realistic attacks/defenses, purposefulness, effectiveness, balance disturbances, Atemi-Waza accuracy and the correct execution of the chosen techniques (Nage-Waza, Kansetsu-Waza and Jime-Waza). It is up to the candidate to demonstrate through the above aspects that he/she masters all aspects of Ju-Jitsu.



2.3 Theme B2: Atemi-Waza, Hodoki-Waza & Uke-Waza

Theme B2 of the Dan exam is one of the nine components within the Seishinkai that are part of Block B: Ju-Jitsu skills. This theme is divided into three different sub-themes: Atemi-Waza, Hodoki-Waza and Uke-Waza. Each sub-theme is clearly explained below. Furthermore, it is clearly indicated what the exam requirements are per Dan degree and which questions will be asked during the exam.

2.3.1 Theme B2: Atemi-Waza (Geri-Waza, Uchi-Waza & Tsuki-Waza)

Atemi-Waza is the Japanese name for all kicking, striking and punching techniques within Ju-Jitsu. Within Ju-Jitsu Atemi-Waza is a very important component that can be applied in different ways. For example, Atemi-Waza can be used to eliminate or weaken an opponent or Atemi-Waza can be used as a technique in order to free oneself.

Within the Seishinkai, the Atemi-Waza theme is divided into three different subcategories: Geri-Waza, Uchi-Waza and Tsuki-Waza. The minimum requirements by Seishinkai for kicking, striking and punching techniques can be found in table 3 below.

For the Dan exam, the candidate must be able to demonstrate Atemi-Waza in three different ways: Static (1), Dynamic (2) and Free performance (3). First, the candidate must be able to demonstrate Atemi-Waza individually or with a partner in the form of a Kata (Static). By means of one or more Kata's, the candidate demonstrates individually or in duo that he/she masters the technical implementation of the various kicking, striking and punching techniques. The second way in which the candidate demonstrates Atemi-Waza is against a pad, hand pads, etc. Through this dynamic performance and the impact of the different Atemis, the candidate demonstrates that he/she can dynamically apply the chosen Atemis in a 'combat situation'. The third and final way in which the candidate must demonstrate Atemi-Waza is a free performance of defense against Atemi-Waza (striking, punching and/or kicking). The opponent attacks the candidate with random kicking, punching and striking techniques (Geri-Waza, Uchi-Waza and Tsuki-Waza). The candidate blocks or deflects these attacks and counters with one or more targeted Atemis.

2.3.1.1 Atemi-Waza 1st Dan

For the 1st Dan exam within Theme B2 Atemi-Waza, the candidate demonstrates different kicking, striking and punching techniques in Kata form, against a pad, hand pads, etc. or by means of defending against strikes, punches and/or kicks. It is up to the candidate to make a combination between the different subcategories (Geri-Waza, Uchi-Waza and Tsuki-Waza). The candidate tries to demonstrate all required kicking, striking and punching techniques at least once.

- Question 1: Demonstrate Atemi-Waza in Kata form individually or in duo, free choice (static)
- Question 2: Demonstrate Atemi-Waza against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Atemi-Waza by defending against striking, punching and/or kicking (dynamic)

2.3.1.2 Atemi-Waza 2nd Dan

For the 2nd Dan exam within the Theme B2 Atemi-Waza, the candidate demonstrates different kicking, striking and punching techniques in Kata form. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner will select one of three subcategories (Geri-Waza, Uchi-Waza or Tsuki-Waza), which the candidate will demonstrate on a pad, hand pads, etc. or by defending against striking, punching and/or kicking. The candidate demonstrates different techniques within the chosen subcategory.

- Question 1: Demonstrate Atemi-Waza in Kata form individually or in duo, free choice (static)
- Question 2: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza by defending against striking, punching and/or kicking (dynamic)



2.3.1.3 Atemi-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese, followed by the native language translation if necessary. The candidate demonstrates the requested technique several times against a pad, hand pads, etc. Or the examiner instructs the candidate to defend himself against Atemi-Waza and to counter with Geri-Waza, Uchi-Waza or Tsuki-Waza.

- Question 1: Demonstrate Atemi-Waza in Kata form, individually or in duo. Free choice (static)
- Question 2: Demonstrate Hiza-Geri, Mae-Tobi-Geri, Uraken-Uchi, Teisho-Tsuki and Kagi-Tsuki against a pad or hand pads, etc. (dynamic)
- Question 3: Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza by defending against striking, punching and/or kicking (dynamic)

2.3.1.4 Atemi-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese. The candidate must also be able to demonstrate variations within the minimum requirements of the kicking, striking and punching techniques, such as Ushiro-Empi-Uchi.

- Question 1: Demonstrate Atemi-Waza in Kata form (static)
- Question 2: Demonstrate Mawashi-Hiza-Geri, Age-Empi-Uchi, Gedan-Mawashi-Geri, Tetsui-Uchi, etc. against a pad or hand pads, etc. (dynamic)

2.3.1.5 Atemi-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates different kicking, striking and punching techniques in Kata form within Theme B2 Atemi-Waza. The candidate decides for himself which kicking, striking and punching techniques he/she demonstrates in Kata form. After this, the examiner randomly names five different kicking, striking and punching techniques in Japanese. The candidate must also be able to demonstrate variations within the minimum requirements of the kicking, striking and punching techniques, such as Ushiro-Empi-Uchi.

- Question 1: Demonstrate Atemi-Waza in Kata form (static)
- Question 2: Demonstrate Mawashi-Hiza-Geri, Age-Empi-Uchi, Gedan-Mawashi-Geri, Tetsui-Uchi, etc. against a pad or hand pads, etc. (dynamic)



B2	Atemi-Waza		1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Geri-Waza (kicking techniques)							
B2.1	Hiza-Geri	Knee thrust	X	X	X	X	X
B2.1.1	Mawashi-Hiza-Geri	Circle knee thrust	-	-	-	X	X
B2.2	Kin-Geri	Upward kick	X	X	X	X	X
B2.3	Mae-Geri	Forward kick	X	X	X	X	X
B2.4	Yoko-Geri	Side kick	X	X	X	X	X
B2.4.1	Gedan-Yoko-Geri	Low side kick	-	-	-	X	X
B2.4.2	Jodan-Yoko-Geri	High side kick	-	-	-	X	X
B2.5	Mawashi-Geri	Circle kick	X	X	X	X	X
B2.5.1	Gedan-Mawashi-Geri	Low circle kick	-	-	-	X	X
B2.5.2	Jodan-Mawashi-Geri	High circle kick	-	-	-	X	X
B2.6	Ushiro-Geri	Back kick	X	X	X	X	X
B2.7	Ushiro-Mawashi-Geri	Reverse circle kick	-	X	X	X	X
B2.8	Mae-Tobi-Geri	Jumping forward kick	-	X	X	X	X
Uchi-Waza (striking techniques)							
B2.9	Shuto-Uchi	Hand edge strike pinky side	X	X	X	X	X
B2.10	Haito-Uchi	Hand edge strike thumb side	X	X	X	X	X
B2.11	Uraken-Uchi	Backhand strike	X	X	X	X	X
B2.12	Empi-Uchi	Elbow strike	X	X	X	X	X
B2.12.1	Mawashi-Empi-Uchi	Circle elbow strike	-	-	-	X	X
B2.12.2	Yoko-Empi-Uchi	Side elbow strike	-	-	-	X	X
B2.12.3	Ushiro-Empi-Uchi	Backward elbow strike	-	-	-	X	X
B2.12.4	Age-Empi-Uchi	Upward elbow strike	-	-	-	X	X
B2.13	Tetsui-Uchi	Hammer strike	-	X	X	X	X
Tsuki-Waza (punching techniques)							
B2.14	Oi-Tsuki	Straight punch	X	X	X	X	X
B2.15	Gyaku-Tsuki	Opposite punch	X	X	X	X	X
B2.16	Age-Tsuki	Uppercut	X	X	X	X	X
B2.17	Teisho-Tsuki	Palm punch	X	X	X	X	X
B2.18	Kagi-Tsuki	Corner punch	X	X	X	X	X
B2.19	Nukite-Tsuki	Finger punch	X	X	X	X	X

Table 3: Overview Theme B2 Atemi-Waza per Dan-degree



2.3.2 Theme B2: Hodoki-Waza (Liberation techniques)

Hodoki-Waza is the Japanese name for all liberation techniques within Ju-Jitsu. Within the Seishinkai, Hodoki-Waza is divided into four different categories: Hodoki-Waza by means of rotational movements, Hodoki-Waza by means of lever movements, Hodoki-Waza by means of Atemi-Waza and Hodoki-Waza by means of Tsubo's (pressure points). Liberation techniques can only be applied to attacks from the attack groups Grabbings and Enclosures, see Appendix V and VI.

Through Hodoki-Waza by means of rotational movements the candidate frees himself from various attacks from the attack groups Grabbings and Enclosures. Rotational movements are movements in which the candidate makes use of rotations. These can be performed by rotating the entire body or through a specific portion of the body. Think of rotating the forearm during a situation in which the forearm is grabbed, or deflecting a strangulation.

Through Hodoki-Waza by means of lever movements the candidate frees himself from various attacks from the attack groups Grabbings and Enclosures. Lever movements include techniques in which the candidate applies a lever principle to free himself. An example of this is with a one-handed hand grabbing. Tori grabs his own hand with his free hand and frees his attacked hand by means of leverage.

Through Hodoki-Waza by means of Atemi-Waza the candidate frees himself from various attacks from the attack groups Grabbings and Enclosures by using different kicking, striking and/or punching techniques. The candidate may use multiple Atemis to free himself.

The last category within Hodoki-Waza are the liberation techniques where the candidate frees himself from various attacks from the attack groups Grabbings and Enclosures by means of Tsubo's. Tsubo is the Japanese name for pressure point. A pressure point is a vulnerable point in the human body where one or more nerves are insufficiently protected by muscles. The candidate may only use pressure points to free himself.

2.3.2.1 Hodoki-Waza 1st Dan

For Theme B2: Hodoki-Waza at first Dan level, the candidate demonstrates different liberation techniques, showing the four different categories. For example, the candidate demonstrates liberation techniques by means of rotational movements, by means of lever movements, by means of Atemi-Waza and by means of Tsubo's (pressure points) against various attacks from the attack groups Grabbings and Enclosures. The candidate may also demonstrate a combination of the above categories. As a guideline, the candidate can train eight different techniques (two techniques from each category) to ensure that he/she can demonstrate enough techniques until the examiner says Mate.

- Question: Demonstrate Hodoki-Waza

2.3.2.2 Hodoki-Waza 2nd Dan

For the 2nd Dan exam, the candidate demonstrates five different liberation techniques through rotational movements, through lever movements, through Atemi-Waza or through Tsubo's against five different attacks from the attack groups Grabbings and Enclosures. The different attacks from the two attack groups are chosen by the candidate. The examiner selects one of the subcategories at the time of the exam.

- Question: Demonstrate Hodoki-Waza by means of rotational movements, by means of lever movements, by means of Atemi-Waza or by means of Tsubo's against five attacks from the attack groups Grabbings and Enclosures



2.3.2.3 Hodoki-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates five different liberation techniques through rotational movements, through lever movements, through Atemi-Waza or through Tsubo's against five different attacks from the attack groups Grabbings and Enclosures. The different attacks from the two attack groups are chosen by the candidate. The examiner selects one of the four subcategories at the time of the exam.

- Question: Demonstrate Hodoki-Waza by means of rotational movements, by means of lever movements, by means of Atemi-Waza or by means of Tsubo's against five attacks from the attack groups Grabbings and Enclosures

2.3.2.4 Hodoki-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates five different liberation techniques through rotational movements, through lever movements, through Atemi-Waza or through Tsubo's against five different attacks, which are determined by the examiner, from the attack groups Grabbings and Enclosures. At the time of the exam, the examiner selects one of the four subcategories and determines from which five specific attacks the candidate must free himself.

- Question: Demonstrate Hodoki-Waza by means of rotational movements as a response on a strangulation from the front

2.3.2.5 Hodoki-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates five different liberation techniques through rotational movements, through lever movements, through Atemi-Waza or through Tsubo's against five different attacks, which are determined by the examiner, from the attack groups Grabbings and Enclosures. At the time of the exam, the examiner selects one of the four subcategories and determines from which five specific attacks the candidate must free himself.

- Question: Demonstrate Hodoki-Waza by means of a Tsubo when attacked with a head enclosure from the side



2.3.3 Theme B2: Uke-Waza (Aversions/Blockings)

Uke-Waza is the Japanese name for all aversions/blockings that are used within Ju-Jitsu. By means of aversion/blocking, an armed or unarmed attack, can be stopped or redirected. Within the Seishinkai, the aversions/blockings are divided into two different subcategories; Ude-Uke-Waza (aversions/blockings with the forearm or hand) and Ashi-Uke-Waza (aversions/blockings with the leg). The exact aversions/blockings that the candidate must be able to demonstrate per Dan degree can be found in table 4. For the Dan exam, the candidate must be able to demonstrate Uke-Waza in two different ways, Static and Dynamic. First, the candidate must be able to demonstrate Uke-Waza individually or with a partner in the form of one or more Kata's (static). The second way in which the candidate demonstrates Uke-Waza is with his exam partner. The candidate is attacked with Atemi-Waza by his exam partner and the candidate repels/blocks these attacks by means of different aversions/blockings (dynamic).

B2	Uke-Waza		1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Ashi-Uke-Waza (aversions/blockings with the leg)							
B2.20	Hiza-Uke	Block with the knee	X	X	X	X	X
B2.21	Nami-Uke	Block with the lower leg	X	X	X	X	X
B2.22	Ashi-Uke	Block with the foot	X	X	X	X	X
Ude-Uke-Waza (aversions/blockings with the forearm or hand)							
B2.23	Age-Uke	Upward aversion	X	X	X	X	X
B2.24	Gedan-Barai	Downward aversion	X	X	X	X	X
B2.25	Soto-Uke	Aversion from outside to inside	X	X	X	X	X
B2.26	Uchi-Uke	Aversion from inside to outside	X	X	X	X	X
B2.27	Kakiwake-Uke-Jodan	Double high aversion	X	X	X	X	X
B2.28	Kakiwake-Uke-Gedan	Double low aversion	X	X	X	X	X
B2.29	Juji-Uke-jodan	High cross block	X	X	X	X	X
B2.30	Juji-Uke-Gedan	Low cross block	X	X	X	X	X
B2.31	Te-Nagashi-Uke	Palm aversion	X	X	X	X	X
B2.32	Teisho-Uke	Thrusting palm aversion	X	X	X	X	X

Table 4: Overview Theme B2 Uke-Waza per Dan degree

2.3.3.1 Uke-Waza 1st Dan

For the 1st Dan exam, the candidate demonstrates different aversions/blockings within Theme B2 Uke-Waza in Kata form (static) and against Atemi-Waza with his exam partner (dynamic). It is up to the candidate to demonstrate as many of the different aversions/blockings as described in table 4 as possible.

- Question 1: Demonstrate Uke-Waza in Kata form: Individually or in duo, free choice (static)
- Question 2: Demonstrate Uke-Waza against Atemi-Waza (dynamic)

2.3.3.2 Uke-Waza 2nd Dan

For the 2nd Dan exam, the candidate demonstrates different aversions/blockings within Theme B2 Uke-Waza in Kata form (static) and against Atemi-Waza with his exam partner (dynamic). It is up to the candidate to demonstrate as many of the different aversions/blockings as described in table 4 as possible.

- Question 1: Demonstrate Uke-Waza in Kata form: Individually or in duo, free choice (static)
- Question 2: Demonstrate Uke-Waza against Atemi-Waza (dynamic)



2.3.3.3 Uke-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates different aversions/blockings within Theme B2 Uke-Waza in Kata form (static). The candidate decides which aversions and blockings he/she demonstrates in Kata form. After this, the examiner randomly names five different aversions/blockings in Japanese with the required translation if necessary. The candidate demonstrates the requested aversions/blockings several times against a self-selected attack. The candidate can choose to defend themselves against various attacks with the requested aversions/blockings (if possible).

- Question 1: Demonstrate Uke-Waza in Kata form: Individually or in duo, free choice (static)
- Question 2: Demonstrate Ashi-Uke, Te-Nagashi-Uke, Kakiwake-Uke-Jodan, Juji-Uke-Gedan and Soto-Uke (dynamic)

2.3.3.4 Uke-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates different aversions/blockings within Theme B2 Uke-Waza in Kata form (static). The candidate decides which aversions and blockings he/she demonstrates in Kata form. After this, the examiner randomly names five different aversions/blockings in Japanese and indicates which attack the exam partner should apply. The candidate demonstrates the requested aversions/blockings against the attacks as indicated by the examiner (dynamic).

- Question 1: Demonstrate Uke-Waza in Kata form: Individually or in duo, free choice (static)
- Question 2: Demonstrate Te-Nagashi-Uke against Oi-Tsuki (dynamic)

2.3.3.5 Uke-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates different aversions/blockings within Theme B2 Uke-Waza in Kata form (static). The candidate decides which aversions and blockings he/she demonstrates in Kata form. It is up to the candidate to demonstrate as many different aversions and blockings as possible. After this, the candidate demonstrates various aversions/blockings against armed attacks, which are determined by the examiner (dynamic).

- Question 1: Demonstrate Uke-Waza in Kata form: Individually or in duo, free choice (static)
- Question 2: Demonstrate Age-Uke against a knife stab from above (dynamic)



2.4 Theme B3: Multiplicity

Theme B3: Within the Seishinkai Dan exam, Multiplicity is part of Block B Ju-Jitsu skills. Multiplicity means that a certain basic technique is applied against at least four different basic attacks from the four attack groups. The four attack groups within the Seishinkai are Grabbings, Enclosures, Atemi-Waza and Armed Attacks. Exactly which basic attacks fall under the four attack groups can be found in Appendices V to VIII of this document.

Within the Seishinkai, Theme B3: Multiplicity is divided into three different sub-themes. These three sub-themes are Nage-Waza Multiplicity (throwing techniques), Kansetsu-Waza Multiplicity (locking techniques) and Jime-Waza Multiplicity (strangling techniques). The sub-themes mentioned above are briefly explained below. The requirements per Dan degree are clearly stated for each sub-theme as well as the questions that will be asked during the exam.

2.4.1 Nage-Waza Multiplicity

In the Nage-Waza Multiplicity subtheme, the candidate defends himself/herself against at least four different basic attacks from the four attack groups and finishes with the throwing technique of his/her choice. It differs per Dan degree how many different throwing techniques the candidate has to demonstrate, see table 5. The candidate decides which Nage-Waza he/she will demonstrate during the exam and the candidate also decides against which attacks he/she will defend himself/herself. However, the candidate must defend themselves against at least one basic attack from each attack group.

- Question: Demonstrate .. different throws of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups

2.4.2 Kansetsu-Waza Multiplicity

In the Kansetsu-Waza Multiplicity sub-theme, the candidate defends himself/herself against at least four different basic attacks from the four attack groups and finishes with the locking technique of his/her choice. It differs per Dan degree how many different locking techniques the candidate has to demonstrate, see table 5. The candidate decides which Kansetsu-Waza he/she will demonstrate during the exam and the candidate also decides against which attacks he/she will defend himself/herself. However, the candidate must defend themselves against at least one basic attack from each attack group.

- Question: Demonstrate .. different clamps of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups

2.4.3 Multiplicity Jime-Waza

In the Multiplicity Jime-Waza subtheme, the candidate defends himself/herself against at least four different basic attacks from the four attack groups and finishes with the strangulation technique of his/her choice. It differs per Dan degree how many different strangulation techniques the candidate has to demonstrate, see table 5. The candidate decides which Jime-Waza he/she will demonstrate during the exam and the candidate also decides against which attacks he/she will defend himself/herself. However, the candidate must defend themselves against at least one basic attack from each attack group.

- Question: Demonstrate .. different strangulations of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups



B3	Multiplicity	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan
B3.1	Demonstrate .. different throws of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups	2	3	4	4	4
B3.2	Demonstrate .. different locks of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups	2	3	4	4	4
B3.3	Demonstrate .. different strangulations of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups	1	2	2	3	3

Table 5: Overview Theme B3 Multiplicity per Dan degree



2.5 Theme B4: Kansetsu-Waza, Nage-Waza & Jime-Waza

Theme B4 of the Dan exam is part of Block B Ju-Jitsu skills. Within the Seishinkai this theme is divided into three different sub-themes: Kansetsu-Waza, Nage-Waza and Jime-Waza. For Theme B4, the candidate must be attacked from a standing position. In the theme from the next chapter (Theme B5: Ne-Waza), the candidate is specifically attacked when he/she is on the ground. Each sub-theme is clearly explained below. The requirements per Dan degree are clearly stated for each sub-theme as well as the questions that will be asked during the exam.

2.5.1 Theme B4: Kansetsu-Waza (locking techniques)

Within Ju-Jitsu Kansetsu-Waza is the Japanese name for all locking techniques (standing or on the ground). Locking techniques are techniques in which Tori unnaturally bends (Garami), stretches (Hishigi) or twists (Gaeshi) an opponent's joint, or a combination of these. By applying a locking technique, a joint is made motionless and parallel a painful stimulus is created, so that the opponent will surrender. In extreme cases, a lock can be applied to such an extent that permanent damage occurs in the relevant joint. This will make the opponent unable to continue the fight. The effectiveness of a locking technique is determined by the length of leverage, the correct support and gripping points, the degree of mobility in the relevant joint and the pain sensitivity/flexibility of the opponent. A locking technique within Ju-Jitsu will always be introduced by Atemi-Waza, Nage-Waza or a combination of both.

Within the Seishinkai, Kansetsu-Waza is divided into six different subcategories; Yubi-Kansetsu-Waza, Kote-Kansetsu-Waza, Ude-Hishigi-Waza, Ude-Garami-Waza, Kubi-Kansetsu-Waza, and Ashi-Kansetsu-Waza. Each category relates to a specific joint of the body, whereby only the back is not offered from an anatomy perspective. The minimum required locking techniques per Dan degree can be found in table 6 below.

B4	Kansetsu-Waza	Locking techniques	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Yubi-Kansetsu-Waza (finger locks)							
B4.1	Yubi-Kansetsu-Waza	Finger locks	3	4	6	7	8
Kote-Kansetsu-Waza (wrist locks)							
B4.2.1	Kote-Gaeshi	Outward wrist lock	4	5	5	5	5
B4.2.2	Kote-Mawashi	Inward wrist lock			5	5	6
B4.2.3	Kote-Hineri	Upward wrist lock			4	4	4
B4.2.4	Kuzure-Kote-Gaeshi	Wrist bending lock			4	4	4
Ude-Hishigi-Waza (stretched arm locks)							
B4.3.1	Ude-Osae-Gatame	With the hand	8	8	3	4	5
B4.3.2	Kanuki-Gatame	Via the lower arm			3	4	5
B4.3.3	Kata-Gatame	Via the neck or shoulder			3	4	5
B4.3.4	Waki-Gatame	Via the armpit			3	4	5
B4.3.5	Juji-Gatame	Via the groin			3	4	5
B4.3.6	Hiza-Gatame	Via the knee			3	4	5
B4.3.7	Mune-Gatame	Via the chest			3	4	5
B4.3.8	Hara-Gatame	Via the abdomen			3	4	5
Ude-Garami-Waza (bended arm locks)							
B4.4.1	Ude-Garami (exo-rotation)	Shoulder torsion	2	4	3	4	5
B4.4.2	Ude-Garami (endo-rotation)	Shoulder torsion			3	4	5
Kubi-Kansetsu-Waza (neck locks)							
B4.5.1	Atamo-Ago	Hair/chin torsion	2	3	4	4	5
B4.5.2	Kanuki-Kubi-Garami	Transverse jawbone twist			3	4	5



B4.5.3	Kubi-Hishigi	Neck overstretching	-		1	2	3
Ashi-Kansetsu-Waza (leg locks)							
B4.6.1	Hiza-Hishigi	Stretched leg lock	3	4	3	4	6
B4.6.2	Hiza-Garami	Bended leg lock			2	3	4
B4.6.3	Ashi-Hishigi/-Kujuki	Foot stretch/Twist lock			2	4	5
B4.6.4	Koshi-Garami	Hip torsion (endo- & exo-rotation)	-		2	3	4

Table 6: Overview Theme B4 Kansetsu-Waza per Dan degree

2.5.1.1 Kansetsu-Waza 1st Dan

For the 1st Dan exam, the candidate demonstrates different locking techniques from the six subcategories as required by the Seishinkai (finger, wrist, straight arm, bent arm, neck and leg locks). The candidate decides against which attacks he/she defends himself. The locking techniques may be applied both standing and on the ground. However, the standing locking techniques should prevail over the locking techniques on the ground.

- Question: Demonstrate different locking techniques (Kansetsu-Waza,6)

2.5.1.2 Kansetsu-Waza 2nd Dan

For the 2nd Dan exam, the candidate demonstrates different locking techniques from the six subcategories as required by the Seishinkai (Yubi-Kansetsu-Waza, Kote-Kansetsu-Waza, Ude-Hishigi-Waza, Ude-Garami-Waza, Kubi-Kansetsu-Waza and Ashi-Kansetsu-Waza). During the exam, the examiner determines which two subcategories of the six subcategories will be examined. However, the candidate decides against which attacks he/she defends himself. The locking techniques may be applied both standing and on the ground. However, the standing locking techniques should prevail over the locking techniques on the ground.

- Question: Demonstrate different stretched arm locks (Ude-Hishigi-Waza, 8) and different neck locks (Kubi-Kansetsu-Waza, 3)

2.5.1.3 Kansetsu-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates three locking techniques from the six subcategories as required by the Seishinkai (Yubi-Kansetsu-Waza, Kote-Kansetsu-Waza, Ude-Hishigi-Waza, Ude-Garami-Waza, Kubi-Kansetsu-Waza and Ashi-Kansetsu-Waza). During the exam, the examiner determines which three specific locking techniques the candidate must demonstrate. The candidate decides against which attacks he/she defends himself. The locking techniques may be applied both standing and on the ground. However, the standing locking techniques should prevail over the locking techniques on the ground.

- Question: Demonstrate Juji-Gatame (3), Kuzure-Kote-Gaeshi (4) and Koshi-Garami (2)

2.5.1.4 Kansetsu-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates three locking techniques from the six subcategories as required by the Seishinkai (Yubi-Kansetsu-Waza, Kote-Kansetsu-Waza, Ude-Hishigi-Waza, Ude-Garami-Waza, Kubi-Kansetsu-Waza and Ashi-Kansetsu-Waza). During the exam, the examiner determines which three specific locking techniques the candidate must demonstrate. The examiner for 4th Dan level also determines from which attack group the candidate is attacked. The locking techniques may be applied both standing and on the ground. However, the standing locking techniques should prevail over the locking techniques on the ground.

- Question: Demonstrate Yubi-Kansetsu-Waza (7) from the attack group grabbings
Demonstrate Ude-Garami (endo-rotation,4) from the attack group enclosures
Demonstrate Kote-Mawashi (5) from the attack group armed attacks



2.5.1.5 Kansetsu-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates three specific locking techniques from the six subcategories as required by the Seishinkai (Yubi-Kansetsu-Waza, Kote-Kansetsu-Waza, Ude-Hishigi-Waza, Ude-Garami-Waza, Kubi-Kansetsu-Waza and Ashi Kansetsu Waza). During the exam, the examiner determines which three specific locking techniques the candidate must demonstrate. The examiner for 5th Dan level also determines which specific attacks will be applied to the candidate. The locking techniques may be applied both standing and on the ground. However, the standing locking techniques should prevail over the locking techniques on the ground.

- Question: Demonstrate Mune-Gatame (5) from Oi-Tsuki, Strangulation from the front, Enclosure from the front, Knife strike from above and Tetsui-Uchi

Demonstrate Kubi-Hishigi (3) from Side push, Mae-Geri and Dive attack

Demonstrate Kote-Mawashi (6) from Side strangulation, Forearm strangulation from behind, Diagonal knife strike from below, Clothing attack, Head enclosure, and Tetsui-Uchi

2.5.2 Theme B4: Nage-Waza (throwing techniques)

Nage-Waza includes all throwing techniques within Ju-Jitsu. Throwing techniques aim to bring an opponent to the ground and control or eliminate him/her from this position. Nage-Waza can be applied by unbalancing the opponent, by sweeping/hooking/blocking the opponent's fulcrum or by using lifting techniques. In order for a throwing technique to be realistic, the positioning of Tori in relation to Uke must be correct, the balance must be disturbed in a correct way and before a throwing technique is applied, Tori will have to apply Atemi-Waza in most cases. Tori can also use a deployed move of the opponent. Within the Seishinkai the throwing techniques are divided into the following categories; Ashi-Nage-Waza (leg throws), Koshi-Nage-Waza (hip throws), Kata-Nage-Waza (shoulder throws), Te-Nage-Waza (arm throws), Basami-Waza (scissors applied from the ground) and Sutemi-Waza (sacrificial throws). For each category, a subdivision has been made consisting out of a mandatory numbers of throws. The minimum required number of throwing techniques per Dan degree can be found in table 7 below.

B4	Nage-Waza	Throwing techniques	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Ashi-Nage-Waza (leg throws)							
B4.7.1	O-Soto-Otoshi	Big stamp from the outside	7	7	6	7	8
B4.7.2	O-Soto-Gari	Large hook from outside			6	7	8
B4.7.3	O-Uchi-Gari	Large hook from inside			3	4	4
B4.7.4	Ko-Uchi-Gari	Small hook from inside			3	4	4
B4.7.5	Ko-Soto-Gake	Small hook from outside			2	2	3
B4.7.6	De-Ashi-Barai	Foot sweep			3	3	3
B4.7.7	Hiza-Guruma	Knee wheel			2	2	2
Koshi-Nage-Waza (hip throws)							
B4.8.1	O-Goshi	Large hip throw	4	5	7	8	9
B4.8.2	Kubi-Nage	Neck hip throw			6	7	8
B4.8.3	Harai-Goshi	Sweeping hip throw			3	4	5
B4.8.4	Uchi-Mata	Inner thigh hip throw			1	2	3
B4.8.5	Hane-Goshi	Winged hip throw	-	-	1	1	1
B4.8.6	Ushiro-Goshi	Backward hip throw	-	-	2	3	4
Kata-Nage-Waza (shoulder throws)							
B4.9.1	Seoi-Nage	Shoulder throw			6	7	8



			2	6			
B4.9.2	Seoi-Otoshi	Kneeling shoulder throw			2	3	4
B4.9.3	Kata-Guruma	Shoulder wheel	-		2	3	4
B4.9.4	Age-Seoi-Nage	Lifting shoulder throw	-		2	4	4
B4.9.5	Ashi-Seoi-Nage	Leg shoulder throw	-	-	-	1	2
Te-Nage-Waza (arm throws)							
B4.10.1	Kata-Ashi-Dori	Knee push - Ankle push			3	4	5
B4.10.2	Kiri-Otoshi	Back shoulder jerk			3	4	5
B4.10.3	Shiho-Nage	Sword throw			5	6	7
B4.10.4	Ryo-Ashi-Dori	Pulling legs away from the front	6	8	3	4	5
B4.10.5	Ushiro-Ryo-Ashi-Dori	Pulling legs away from behind			3	4	5
B4.10.6	Tai-Otoshi	Large body throw			3	4	5
B4.10.7	Sukui-Nage	Spoon throw	-		2	3	4
B4.10.8	Te-Guruma	Arm wheel	-		2	2	3
Basami-Waza (scissor techniques from the ground)							
B4.11.1	Kani-Basami	Ground scissors			2	3	4
B4.11.2	Kani-Ashi-Basami	Knee kick - Ankle push	3	3	2	3	3
B4.11.3	Hiza-Basami	Popliteal scissors			2	3	3
Sutemi-Waza (Sacrificial throws)							
B4.12.1	Sumi-Gaeshi	Corner throw			3	4	5
B4.12.2	Soto-Maki-Komi	Inward screw sacrificial throw			2	3	4
B4.12.3	Yoko-Guruma	Side wheel throw			4	5	6
B4.12.4	Tomoe-Nage	Belly throw			4	5	6
B4.12.5	Tobi-Kani-Basami	Jumped scissors	8	9	3	4	5
B4.12.6	Tani-Otoshi	Backward sacrificial throw			2	3	4
B4.12.7	Ko-Uchi-Maki-Komi	Small side sacrificial throw			3	4	5
B4.12.8	Yoko-Tomoe	Side belly throw			3	5	6
B4.12.9	Yoko-Wakare	Sideways throw	-		1	2	3
B4.12.10	Tawara-Gaeshi	Rice bale throw	-	-	1	1	1

Table 7: Overview Theme B4 Nage-Waza per Dan degree

2.5.2.1 Nage-Waza 1st Dan

For the 1st Dan exam, the candidate demonstrates different throwing techniques from the categories as differentiated by the Seishinkai: Leg throws, hip throws, shoulder throws, arm throws, scissor throws from the ground and sacrificial throws. The candidate decides against which attacks he/she defends himself.

- Question: Demonstrate different throwing techniques (Nage-Waza, 6)

2.5.2.2 Nage-Waza 2nd Dan

For the 2nd Dan exam, the candidate demonstrates different throwing techniques from the categories as differentiated by the Seishinkai: Ashi-Nage-Waza, Koshi-Nage-Waza, Kata-Nage-Waza, Te-Nage-



Waza, Basami-Waza and Sutemi-Waza. During the exam, the examiner determines which two categories of the six categories in total will be examined. The candidate decides against which attacks he/she defends himself.

- Question: Demonstrate different hip throws (Koshi-Nage-Waza, 5) and different sacrificial throws (Sutemi-Waza, 9)

2.5.2.3 Nage-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates three specific throwing techniques from the categories as differentiated by the Seishinkai: Ashi-Nage-Waza, Koshi-Nage-Waza, Kata-Nage-Waza, Te-Nage-Waza, Basami-Waza and Sutemi-Waza. During the exam, the examiner determines which three specific throwing techniques the candidate must demonstrate. The candidate decides against which attacks he/she defends himself.

- Question: Demonstrate Kubi-Nage (6), Seoi-Nage (6) and Kani-Basami (2)

2.5.2.4 Nage-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates three specific throwing techniques from the categories as differentiated by the Seishinkai: Ashi-Nage-Waza, Koshi-Nage-Waza, Kata-Nage-Waza, Te-Nage-Waza, Basami-Waza and Sutemi-Waza. During the exam, the examiner determines which three specific throwing techniques the candidate must demonstrate. The examiner for 4th Dan level also determines from which attack group the candidate is attacked.

- Question: Demonstrate Hiza-Guruma (2) from the attack group enclosures
- Demonstrate Yoko-Wakare (2) from the attack group Atemi-Waza
- Demonstrate O-Soto-Otoshi (8) from the attack group grabbings

2.5.2.5 Nage-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates three specific throwing techniques from the categories as differentiated by the Seishinkai: Ashi-Nage-Waza, Koshi-Nage-Waza, Kata-Nage-Waza, Te-Nage-Waza, Basami-Waza and Sutemi-Waza. During the exam, the examiner determines which three specific throwing techniques the candidate must demonstrate. The examiner for 5th Dan level also determines which specific attacks will be applied to the candidate.

- Question: Demonstrate Ushiro-Goshi (4) from a head enclosure from the side, Strangulation from the side, Uraken-Uchi and rod strike from the side
- Demonstrate Te-Guruma (3) from Oi-Tsuki, Rod strike from above and Strangulation from the front
- Demonstrate Kani-Basami (4) from Mawashi-Empi-Uchi, Head enclosure from the side, Mawashi-Geri on the ground, Enclosure from behind (arms free)

2.5.3 Theme B4: Jime-Waza (strangulation techniques)

Jime-Waza is the Japanese name for all strangulation techniques within Ju-Jitsu. Strangulation techniques are techniques in which Tori uses leverage with his arms (with or without the use of clothing) and/or legs to block the blood flow to his opponent's brain, or to block the air flow to his opponent's lungs. When Tori blocks the blood flow to his opponent's brain, we are referring to a blood strangulation in Ju-Jitsu. During a blood strangulation, both carotid arteries of the opponent are closed and the oxygen supply to the brain is immediately blocked. This will cause the opponent to lose consciousness very quickly (within seconds).

When Tori blocks the air supply to the lungs by means of pressure on the trachea, we speak of a 'standard strangulation' within Ju-Jitsu. When the air supply to the lungs is blocked, the opponent will not immediately become unconscious. However, the increased pressure on the larynx will cause a painful stimulus in combination with a gradual decrease of the oxygen level in the blood. By means of these two factors the opponent is forced to surrender.



Within the Seishinkai, strangulation techniques are divided into three different categories: Hadaka-Jime-Waza (naked strangulations), Eri-Jime-Waza (clothing strangulations), and Ashi-Jime-Waza (leg entanglements). A subdivision has been made per category including the mandatory number of strangulations. The minimum number of strangulations the candidate must know per Dan degree can be found in table 8.

B4	Jime-Waza	Strangulations	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Hadaka-Jime-Waza (Naked strangulations)							
B4.13	Hadaka-Jime	Naked strangulations	2	3	4	4	5
Eri-Jime-Waza (Clothing strangulations)							
B4.14.1	Kata-Ha-Jime	Insert strangulation	2	5	3	4	4
B4.14.2	Okuri-Eri-Jime	Sliding strangulation			3	4	4
B4.14.3	Tsukomi-Jime	Pushing strangulation	-		1	1	1
B4.14.4	Kata-Te-Jime	Hand strangulation	-		1	1	1
Ashi-Jime-Waza (Leg entanglements)							
B4.15.1	Do-Jime	Kidney scissors	2	3	2	2	2
B4.15.2	Sankaku-Jime	Sankaku-Jime	-		1	2	3
B4.15.3	Kata-Ashi-Jime	Neck scissors	-		1	1	1

Table 8: Overview B4 Jime-Waza per Dan degree

2.5.3.1 Jime-Waza 1st Dan

For the 1st Dan exam, the candidate demonstrates various strangulations from the categories as differentiated by the Seishinkai: Naked strangulations, Clothing strangulations and Entanglements with the legs. The candidate decides against which attacks he/she defends himself and decides which techniques he/she will demonstrate.

- Question: Demonstrate various strangulations (Jime-Waza, 6)

2.5.3.2 Jime-Waza 2nd Dan

For the 2nd Dan exam, the candidate demonstrates various strangulations from the categories as differentiated by the Seishinkai: Hadaka-Jime-Waza, Eri-Jime-Waza and Ashi-Jime-Waza. During the exam, the examiner determines which category of the three categories will be addressed. The candidate decides against which attacks he/she defends himself.

- Question: Demonstrate different clothing strangulations (Eri-Jime-Waza, 5)

2.5.3.3 Jime-Waza 3rd Dan

For the 3rd Dan exam, the candidate demonstrates various strangulations from the categories as differentiated by the Seishinkai: Hadaka-Jime-Waza, Eri-Jime-Waza and Ashi-Jime-Waza. During the exam, the examiner determines which two specific strangulations the candidate must demonstrate. The candidate decides against which attacks he/she defends himself.

- Question: Demonstrate Hadaka-Jime (4) and Tsukomi-Jime (1)

2.5.3.4 Jime-Waza 4th Dan

For the 4th Dan exam, the candidate demonstrates various strangulations from the categories as differentiated by the Seishinkai: Hadaka-Jime-Waza, Eri-Jime-Waza and Ashi-Jime-Waza. During the exam, the examiner determines which two specific strangulations the candidate must demonstrate. The examiner for 4th Dan level also determines from which attack group the candidate is attacked.

- Question: Demonstrate Kata-Ha-Jime (4) from the attack group Atemi-Waza
Demonstrate Do-Jime (2) from the attack group Grabbings



2.5.3.5 Jime-Waza 5th Dan

For the 5th Dan exam, the candidate demonstrates various strangulations from the categories as differentiated by the Seishinkai: Hadaka-Jime-Waza, Eri-Jime-Waza and Ashi-Jime-Waza. During the exam, the examiner determines which two specific strangulations the candidate must demonstrate. The examiner for 5th Dan level determines which specific attacks will be applied to the candidate.

- Question: Demonstrate Okuri-Eri-Jime (4) from Front Strangulation, Dive Attack, Oi-Tsuki and Rope Attack

- Demonstrate Sankaku-Jime (3) from Oi-Tsuki, Ground Strangulation and Dive Attack

2.6 Theme B5: Ne-Waza

Theme B5 of the Dan exam is part of Block B: Ju-Jitsu skills. Within Theme B5 the ground techniques are represented. Ground techniques are techniques in which the candidate counters attacks on and from the ground and controls his/her opponent on the ground. Ground techniques include forms of movement such as turning and tilting techniques, passing techniques, holding grips and freeing oneself from holding grips. In addition, locks (Kansetsu-Waza) and strangulations (Jime-Waza) can also be applied on the ground. The big difference compared to Theme B4 Kansetsu-Waza and Jime-Waza is that the candidate is attacked while already lying on the ground. Within Seishinkai, the Ne-Waza section is divided into five different sub-themes: Position changes on the ground, Osea-Komi-Waza, Hodoki-Waza from Osea-Komi-Waza, Kansetsu-Waza on the ground and Jime-Waza on the ground. Each subtheme is clearly explained below, as well as the exam requirements and exam questions.

2.6.1 Theme B5: Position changes on the ground

During combat, a Ju-Jitsuka can end up in different positions on the ground (voluntarily/involuntarily). Within the subtheme Position changes on the ground, the candidate demonstrates that he/she is able to change position on the ground in an effective and controlled manner. The positions as described below are the attack positions we know from Ne-waza-Jitsu-no-Kata. However, there are many more different positions on the ground than these five basic positions.

- *Shimo-Shiho-Gatame (guard position)*
In the guard position, Tori is kneeling between Uke's legs. However, from this position it is almost impossible to control an opponent on the ground with a hold. This position is more suitable for applying Atemi-Waza.
- *Tate-Shiho-Gatame (mount position)*
In the mount position, Tori is kneeling over Uke. From this position, Tori can control both Uke's arms and legs.
- *Yoko-Shiho-Gatame (side mount position)*
In the side mount position, Tori lies on the ground perpendicular to the body of Uke, and he/she controls Uke by means of his/her body weight. Tori can also control the arms and legs of Uke through his arms.
- *Kami-Shiho-Gatame (north-south position)*
In the north-south position, Tori lies with his/her chest over Uke's face and Tori controls Uke by means of his own body weight.
- *Ushiro-Tate-Shiho-Gatame (back mount position)*
In the back mount position, Uke is lying on his stomach and Tori is kneeling over him/her. From this position, Tori can initiate various locking and/or strangulation techniques.

While changing positions, the candidate holds his opponent to the ground in a controlled manner and controls him/her in a holding grip. Each time the candidate changes position (a different holding grip is applied), the opponent tries to escape the holding grip. In total, the candidate demonstrates five different position changes. However, the candidate is attacked from a standing position, brings his opponent to the ground with Nage-Waza and controls him/her in one of the many holding grips (position 0). From this starting position, the candidate demonstrates five different position changes.



- Question: Demonstrate five position changes on the ground

2.6.2 Theme B5: Osae-Komi-Waza

Osae-Komi-Waza is the Japanese name for holding grips. Holding grips are techniques in which the opponent is kept under control on the ground by means of using one's own weight and controlling the arms and/or legs. Holding grips are considered a control phase in a Ju-Jitsu fight, in which further forms of movement (locks and strangulations) can be applied. Within the Seishinkai a distinction is made between 'Judo' grips and 'Ju-Jitsu' grips. The 'Judo' holding grips are those that arise after the candidate has thrown his opponent on the Tatami by means of Nage-Waza, and immediately takes him/her into a holding grip without a resistance/escape situation having been preceded. The 'Ju-Jitsu' holding grips are those that arise after the candidate takes hold of his opponent by means of an indirect combination (resistance/escape) on Kansetsu-Waza on the ground. In the Ju-Jitsu holding grips, the candidate will always use one or more locking techniques to control his opponent on the ground. For Theme B5, the candidate must demonstrate a combination of both types of holding grips. The candidate's opponent must try to escape the holding grip. If this is not possible or if the opponent is forced to surrender, the candidate demonstrates the next holding grip. The number of holding grips the candidate must demonstrate per Dan degree can be found in Table 9.

- Question: Demonstrate Osea-Komi-Waza

2.6.3 Theme B5: Hodoki-Waza from Osae-Komi-Waza

As previously described in Theme B2, Hodoki-Waza is the Japanese name for liberation techniques. Liberation techniques can be performed by lever movements, rotation movements, Atemi-Waza, Tsubo's (pressure points) and/or a combination of these. Within the sub-theme Hodoki-Waza from Osea-Komi-Waza, the candidate must free himself from a holding grip (Osae-Komi-Waza) by means of Hodoki-Waza. The holding grips from which the candidate must escape are applied by the opponent, after having thrown the candidate to the Tatami and taking the candidate into a 'Judo' holding grip. The candidate is completely free to choose both the attack and the defense for this subtheme. How many liberation techniques the candidate must demonstrate per Dan degree can be found in Table 9 of this document.

- Question: Demonstrate Hodoki-Waza from Osae-Komi-Waza

2.6.4 Theme B5: Kansetsu-Waza on the ground

Kansetsu-Waza, as described earlier in Theme B4, contain all locking techniques within Ju-Jitsu. The big difference compared to Theme B4 Kansetsu-Waza is that within Theme B5 the candidate is attacked whilst lying on the floor. This does not imply that the opponent is also on the ground while he/she is attacking. For example, consider a situation where the candidate has been brought to the ground and the opponent attacks with a kicking technique from a standing position. Within the Seishinkai, Kansetsu-Waza is divided into six different subcategories on the ground: Kote-Kansetsu-Waza on the ground, Ude-Hishigi-Waza on the ground, Ude-Garami-Waza on the ground, Kubi-Kansetsu-Waza on the ground, Koshi-Kansetsu-Waza on the ground and Ashi-Kansetsu-Waza on the ground. The minimum requirements for locking techniques on the ground per Dan degree can be found in table 9 below.

2.6.4.1 Kansetsu-Waza on the ground 1st Dan

For the 1st Dan exam, the candidate demonstrates various locking techniques on the ground from the six subcategories as differentiated by the Seishinkai (wrist, straight arm, bent arm, neck, hip and leg/foot locks on the ground). The candidate decides against which attacks he/she defends himself. Attacks may be launched from either a standing position or from a position on the ground. However, the candidate must defend himself from a ground position against the applied attack.



- Question: Demonstrate different locking techniques on the ground (Kansetsu-Waza on the ground, 6)

2.6.4.2 Kansetsu-Waza on the ground 2nd Dan

For the 2nd Dan exam, the candidate demonstrates various locking techniques on the ground from the six subcategories as differentiated by the Seishinkai (Kote-Kansetsu-Waza on the ground, Ude-Hishigi-Waza on the ground, Ude-Garami-Waza on the ground, Kubi-Kansetsu-Waza on the ground, Koshi-Kansetsu-Waza on the ground and Ashi-Kansetsu-Waza on the ground). During the exam, the examiner determines which two subcategories of the six subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be launched from either a standing position or from a position on the ground. However, the candidate must defend himself from a ground position against the applied attack.

- Question: Demonstrate bent arm locks on the floor (Ude-Garami-Waza on the floor, 2) and hip torsions on the floor (Koshi-Kansetsu-Waza on the floor, 2)

2.6.4.3 Kansetsu-Waza on the ground 3rd Dan

For the 3rd Dan exam, the candidate demonstrates various locking techniques on the ground from the six subcategories as differentiated by the Seishinkai (Kote-Kansetsu-Waza on the ground, Ude-Hishigi-Waza on the ground, Ude-Garami-Waza on the ground, Kubi-Kansetsu-Waza on the ground, Koshi-Kansetsu-Waza on the ground and Ashi-Kansetsu-Waza on the ground). During the exam, the examiner determines which two subcategories of the six subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be launched from either a standing position or from a position on the ground. However, the candidate must defend himself from a ground position against the applied attack. The big difference between 2nd and 3rd Dan level is that the complexity of the applied locking techniques should be of a higher degree. Think of implementing indirect combinations, passing movements, turning/tilting techniques, etc. in the locking techniques.

- Question: Demonstrate Kote-Kansetsu-Waza on the ground (3) and Kubi-Kansetsu-Waza on the ground (3)

2.6.4.4 Kansetsu-Waza on the ground 4th Dan

For the 4th Dan exam, the candidate demonstrates various locking techniques on the ground from the six subcategories as differentiated by the Seishinkai (Kote-Kansetsu-Waza on the ground, Ude-Hishigi-Waza on the ground, Ude-Garami-Waza on the ground, Kubi-Kansetsu-Waza on the ground, Koshi-Kansetsu-Waza on the ground and Ashi-Kansetsu-Waza on the ground). During the exam, the examiner determines which three subcategories of the six subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be launched from either a standing position or from a position on the ground. However, the candidate must defend himself from a ground position against the applied attack. The complexity of the locking techniques should be of a higher degree.

- Question: Demonstrate Kote-Kansetsu-Waza on the floor (3), Ude-Hishigi-Waza on the floor (5) and Ashi-Kansetsu-Waza (4)

2.6.4.5 Kansetsu-Waza on the ground 5th Dan

For the 5th Dan exam, the candidate demonstrates various locking techniques on the ground from the six subcategories as differentiated by the Seishinkai (Kote-Kansetsu-Waza on the ground, Ude-Hishigi-Waza on the ground, Ude-Garami-Waza on the ground, Kubi-Kansetsu-Waza on the ground, Koshi-Kansetsu-Waza on the ground and Ashi-Kansetsu-Waza on the ground). During the exam, the examiner determines which three subcategories of the six subcategories will be examined. The candidate decides against which attacks he/she defends himself.

Attacks may be launched from either a standing position or from a position on the ground. However, the candidate must defend himself from a ground position against the applied attack. The complexity of the locking techniques should be of a higher degree.

- Question: Demonstrate Kote-Kansetsu-Waza on the floor (3), Koshi-Kansetsu-Waza on the floor (5) and Kubi-Kansetsu-Waza on the floor (5)



2.6.5 Theme B5: Jime-Waza on the ground

Jime-Waza, as described earlier in Theme B4, is the Japanese name for all strangulation techniques within Ju-Jitsu. The big difference compared to Theme B4 Jime-Waza is that within Theme B5 the candidate is attacked whilst lying on the floor. This does not imply that the opponent is also on the ground while he/she is attacking. For example, consider a situation where the candidate has been brought to the ground and the opponent attacks with a kicking technique from a standing position. Within the Seishinkai, Jime-Waza is subdivided into three different subcategories on the ground: Hadaka-Jime-Waza on the ground, Eri-Jime-Waza on the ground and Ashi-Jime-Waza on the ground. The minimum requirements for strangulation techniques on the ground per Dan degree can be found in table 9 below.

2.6.5.1 Jime-Waza on the ground 1st Dan

For the 1st Dan exam, the candidate demonstrates two different Hadaka-Jime-Waza on the ground. The candidate decides against which two attacks he/she defends himself. Attacks may be applied from either a standing position or from a position on the ground. However, the candidate must defend himself from the ground against the launched attack.

- Question: Demonstrate two different naked strangulations on the floor (Jime-Waza on the floor, 2)

2.6.5.2 Jime-Waza on the ground 2nd Dan

For the 2nd Dan exam, the candidate demonstrates different strangulation techniques on the floor from the three subcategories as differentiated by the Seishinkai (Hadaka-Jime-Waza on the floor, Eri-Jime-Waza on the floor and Ashi-Jime-Waza on the floor). During the exam, the examiner determines which of the three subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be applied from either a standing position or from a position on the ground. However, the candidate must defend himself from the ground against the launched attack.

- Question: Demonstrate Hadaka-Jime-Waza on the ground (2), Eri-Jime-Waza on the ground (2) or Ashi-Jime-Waza on the ground (2)

2.6.5.3 Jime-Waza on the ground 3rd Dan

For the 3rd Dan exam, the candidate demonstrates different strangulation techniques on the ground from the three subcategories as differentiated by the Seishinkai (Hadaka-Jime-Waza on the floor, Eri-Jime-Waza on the floor and Ashi-Jime-Waza on the floor). During the exam, the examiner determines which of the three subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be applied from either a standing position or from a position on the ground. However, the candidate must defend himself from the ground against the launched attack. The big difference between 2nd and 3rd Dan level is that the complexity of the strangulation techniques should be of a higher degree. Think of implementing indirect combinations, passing movements, turning/tilting techniques, etc. in the strangulation techniques.

- Question: Demonstrate Hadaka-Jime-Waza on the ground (2), Eri-Jime-Waza on the ground (2) or Ashi-Jime-Waza on the ground (3)

2.6.5.4 Jime-Waza on the ground 4th Dan

For the 4th Dan exam, the candidate demonstrates different strangulation techniques on the floor from the three subcategories as differentiated by the Seishinkai (Hadaka-Jime-Waza on the floor, Eri-Jime-Waza on the floor and Ashi-Jime-Waza on the floor). During the exam, the examiner determines which two of the three subcategories will be examined. The candidate decides against which attacks he/she defends himself. Attacks may be applied from either a standing position or from a position on the ground. However, the candidate must defend himself from the ground against the launched attack. The complexity of the strangulation techniques should be of a higher degree.

- Question: Demonstrate Hadaka-Jime-Waza on the ground (2) and Ashi-Jime-Waza on the ground (4)

2.6.5.5 Jime-Waza on the ground 5th Dan

For the 5th Dan exam, the candidate demonstrates different strangulation techniques on the floor from the three subcategories as differentiated by the Seishinkai (Hadaka-Jime-Waza on the floor, Eri-Jime-Waza on the floor and Ashi-Jime-Waza on the floor). During the exam, the examiner determines which two of the three subcategories will be examined. The candidate decides against which attacks he/she



defends himself. Attacks may be applied from either a standing position or from a position on the ground. However, the candidate must defend himself from the ground against the launched attack. The complexity of the strangulation techniques should be of a higher degree.

- Question: Demonstrate Eri-Jime-Waza on the ground (3) and Ashi-Jime-Waza on the ground (5)

B5	Ne-Waza	Ground techniques	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B5.1	Position changes on the ground (mount/guard/back-mount/side-mount/north-south/etc.)		5	5	5	5	5
B5.2	Osea-Komi-Waza	'Judo' and Ju-Jitsu holding grips	5	5	5	5	5
B5.3	Hodoki-Waza from Osea-Komi-Waza	Freeing oneself from holding grips	5	5	5	5	5
Kansetsu-Waza (locking techniques) on the ground							
B5.4	Kote-Kansetsu-Waza on the ground	Wrist locks on the ground	6	2	3	3	3
B5.5	Ude-Hishigi-Waza on the ground	Stretched arm locks on the ground		2	3	5	5
B5.6	Ude-Garami-Waza on the ground	Bended arm locks on the ground		2	3	5	5
B5.7	Kubi-Kansetsu-Waza on the ground	Neck locks on the ground		2	3	4	5
B5.8	Koshi-Kansetsu-Waza on the ground	Hip torsions on the ground		2	3	4	5
B5.9	Ashi-Kansetsu-Waza on the ground	Leg/foot locks on the ground		2	3	4	5
Jime-Waza (strangulations) on the ground							
B5.10	Hadaka-Jime-Waza on the ground	Naked strangulations on the ground	2	2	2	2	3
B5.11	Eri-Jime-Waza on the ground	Clothing strangulations on the floor	-	2	2	2	3
B5.12	Ashi-Jime-Waza on the ground	Entanglements with the legs on the ground	-	2	3	4	5

Table 9: Overview Theme B5 Ne-Waza per Dan degree

2.7 Theme B6: Sen-No-Sen

Sen-No-Sen in Japanese means anticipating the opponent's initiative to attack. In other words, the candidate initiates attacks before his opponent has been able to make an attack. For Tori to start attacking is something that goes against all the basic principles of Ju-Jitsu. However, there are situations



in daily life where Sen-No-Sen is a form of self-defense and not an expression of excessive force. Within Theme B6: Sen-No-Sen, the candidate demonstrates an attack combination (Atemi-Waza) followed by bringing the opponent under control by means of a throw, a lock, a strangulation or possibly even an elimination technique. When the candidate attacks with Atemi-Waza, Uke stands in a menacing attacking stance, blocks lightly and moves over the Tatami.

Through attack combinations, the candidate demonstrates that he/she is able to explosively bridge the distance to the opponent. To make contact, and to effectively bring the opponent to the ground by means of Atemi-Waza and rapid movements, in order to control or disable the opponent. During the attack combination, the candidate must always protect himself as much as possible against possible counter attacks. Whilst monitoring the attack combination, the examiners pay attention to the effectiveness of the applied techniques, timing, sense of distance, overview, reality and dynamics. The candidate decides for himself which combination(s) and basic techniques he/she uses for this part. The table below (table 10) clearly shows the requirements per Dan degree.

- Question: Demonstrate .. attack combination(s)

B6	Sen-No-Sen	Attack combinations	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B6.1	.. attack combination(s) performed with either strike, punch, and/or kick combination followed by bringing the opponent under control by means of a throwing technique, locking technique, strangulation technique or possibly with an elimination technique		1	2	3	4	4

Table 10: Overview Theme B6 Sen-No-Sen per Dan degree

2.8 Theme B7: Renraku-Waza

Renraku-Waza is the Japanese name for indirect combinations within Ju-Jitsu and is part of Block B: Ju-Jitsu skills. Indirect combinations refer to the interactive use of transitions to other basic techniques, as a result of resistance and/or escape of the opponent on/from a previously applied basic technique. The basic techniques with which the candidate demonstrates indirect combinations are Kansetsu-Waza (locking techniques), Nage-Waza (throwing techniques) and Jime-Waza (strangulation techniques). Within the Seishinkai the indirect combinations are subdivided into indirect combinations on throwing techniques, on locking techniques and on strangulation techniques, see table 11. In addition, the Seishinkai also makes essential distinctions within this theme between the different Dan degrees. These differences are clearly illustrated below.

2.8.1 Theme B7: Renraku-Waza 1st and 2nd Dan

For 1st and 2nd Dan, the candidate demonstrates indirect combinations after an unsuccessful throw, lock or strangulation. However, the candidate is free to determine with which other basic technique he/she continues, after having unsuccessfully applied the initial basic technique. For example, the candidate defends himself against an attack from his opponent and applies a Ude-Hishigi-Hara-Gatame (Kansetsu-Waza). The opponent resists the Hara-Gatame (applied basic technique), to which the candidate responds with an O-Soto-Otoshi (Nage-Waza).

- Question: Demonstrate indirect combination after an unsuccessful throw, lock or strangulation., free choice continuation of basic technique

2.8.2 Theme B7: Renraku-Waza 3rd to 5th Dan

For 3rd to 5th Dan, the candidate demonstrates indirect combinations after an unsuccessful throw, lock or strangulation, whilst the subsequent basic technique has already been determined. In other words, the candidate demonstrates indirect combinations, for example an unsuccessful throw is directly followed by another throwing technique. An unsuccessful lock is directly followed by another locking technique or an unsuccessful strangulation is directly followed by another strangulation technique. For example, the candidate is defending himself against an attack from his opponent and wants to throw



him/her on the Tatami with O-Soto-Gari. The opponent steps out of the deployed O-Soto-Gari, whereupon the candidate throws his opponent with O-Uchi-Gari on the Tatami.

- Question: Demonstrate indirect combinations after an unsuccessful throw with Nage-Waza, after an unsuccessful lock with Kansetsu-Waza or after an unsuccessful strangulation with Jime-Waza.

B7	Renraku-Waza	Indirect combinations	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B7.1	Indirect combinations after an unsuccessful throw – Free choice subsequent basic technique		5	5	-	-	-
B7.2	Indirect combinations after an unsuccessful lock – Free choice subsequent basic technique		4	5	-	-	-
B7.3	Indirect combinations after an unsuccessful strangulation – Free choice subsequent basic technique		1	1	-	-	-
B7.4	Indirect combination after an unsuccessful throw – With Nage-Waza		-	-	5	6	7
B7.5	Indirect combination after an unsuccessful lock – with Kansetsu-Waza		-	-	5	6	7
B7.6	Indirect combination after an unsuccessful strangulation – With Jime-Waza		-	-	2	3	3

Table 11: Overview Theme B7 Renraku-Waza per Dan degree

2.9 Theme B8: Kaeshi-Waza

Kaeshi-Waza is the Japanese name for take overs within Ju-Jitsu and is part of Block B: Ju-Jitsu skills. Take overs are techniques in which a basic technique applied by Uke (after an attack by Tori) is taken over with a basic technique applied by Tori. The basic techniques with which the candidate demonstrates take overs are Kansetsu-Waza (locking techniques), Nage-Waza (throwing techniques) and Jime-Waza (strangulation techniques). Within the Seishinkai, the take overs are subdivided into take overs on throwing techniques, take overs on locking techniques and take overs on strangulation techniques, see table 12. In addition, the Seishinkai also makes essential distinctions within this theme between the different Dan degrees. These differences are clearly illustrated below.

2.9.1 Theme B8: Kaeshi-Waza 1st and 2nd Dan

For 1st and 2nd Dan, the candidate demonstrates take overs on a throw, a lock or a strangulation. However, the candidate is free to determine with which other basic technique he/she takes over the basic technique which was initially applied. For example, the candidate attacks his opponent by grabbing the forearm. The opponent defends himself and deploys Hara-Gatame (Kansetsu-Waza), but makes a mistake in his control. The candidate then takes over the Hara-Gatame (initially applied basic technique) with Tani-Otoshi (Nage-Waza).

- Question: Demonstrate take overs on a throw, free choice basic technique

2.9.2 Theme B8: Kaeshi-Waza 3rd to 5th Dan

For 3rd to 5th Dan, the candidate demonstrates take overs on a throw, a lock, or a strangulation, in which the following basic technique is predetermined. In other words, the candidate demonstrates take overs on a throw followed by a different throwing technique, on a lock followed by a different locking technique or on a strangulation followed by a different strangulation technique. For example, the candidate attacks his opponent with a strangulation from the front. The opponent fends off the strangulation and wants to throw the candidate to the ground with O-Soto-Gari. However, the candidate takes over the launched O-Soto-Gari with a Yoko-Wakare.



- Question: Demonstrate take overs on a throw with Nage-Waza, on a lock with Kansetsu-Waza or on a strangulation with Jime-Waza

B8	Kaeshi-Waza	Take overs	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B8.1	Take overs on a throw - Free choice continuation basic technique		2	3	-	-	-
B8.2	Take overs on a lock - Free choice continuation basic technique		2	3	-	-	-
B8.3	Take overs on a strangulation - Free choice continuation basic technique		2	3	-	-	-
B8.4	Take overs on a throw – With Nage-Waza		-	-	3	4	5
B8.5	Take overs on a lock – With Kansetsu-Waza		-	-	3	4	5
B8.6	Take overs on a strangulation – With Jime-Waza		-	-	2	3	3

Table 12: Overview Theme B8 Kaeshi-Waza per Dan degree

2.10 Theme B9: Special assignments

Theme B9: Special assignments is the last theme within Block B: Ju-Jitsu skills. The special assignments within the Seishinkai are divided into three different sub-themes: Transportation techniques, Assistance to third parties from a standing situation and Assistance to third parties from a situation on the ground. Each subtheme is clearly explained below, as well as the exam requirements and the exam questions.

2.10.1 Transportation techniques

Transportation techniques are techniques in which the candidate forces his/her opponent across the Tatami by means of a standing controlling technique (Tsubo, Kansetsu-Waza and/or a combination of these).

Within the Seishinkai, transportation techniques are demonstrated from three different positions. In the first position, the candidate's opponent sits on the ground and must be transported by the candidate in a controlled manner. In the second position, the opponent lies with his/her stomach on the Tatami and must be transported by the candidate in a controlled manner. The candidate can directly control and transport the opponent from this position, or he/she can choose to apply an initial tilting technique. In the third and final position, the opponent lies with his back on the Tatami. Also from this position the candidate can choose to directly control and transport his/her opponent, or to apply an initial tilting technique. To ensure that the transportation techniques are carried out in a controlled manner, the candidate must use various commands. For example, the candidate can choose to have his opponent sit on his knees first, by giving the command; "On your knees". After this, the candidate gives the command; "Stand up", so that the opponent comes to his feet. The opponent can be transported from this position in a controlled manner with the command; "Come along". Exactly how many transportation techniques the candidate must demonstrate per Dan degree can be found in table 13.

- Question: Demonstrate .. transportation techniques starting from a sitting, stomach and back position

B9	Special assignments	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
B9.1	Transport techniques from sitting, stomach and back position	3	4	5	5	5



B9.2	Help to third parties from standing situations	-	-	-	5	5
B9.3	Help to third parties from situations on the ground	-	-	-	-	5

Table 13: Overview Theme B9 Special Assignments per Dan degree

2.10.2 Help to third parties (standing situations)

In the subtheme third-party assistance, the candidate demonstrates that he/she is able to end a physical standing attack by a third person and to bring the situation under control. When offering help, the candidate brings the situation under control, he/she guarantees the safety of the third party and above all the candidate guarantees his/her own safety. The candidate is completely free to give his own interpretation to this subtheme. There are no specific requirements from the Seishinkai regarding the way in which the candidate offers his help. However, by using different Ju-Jitsu skills (Kansetsu-Waza, Jime-Waza, Tsubo's, Atemi-Waza, etc.) the candidate can demonstrate that he/she is able to practice Ju-Jitsu effectively. Table 13 shows the minimum requirements for 4th and 5th Dan.

- Question: Demonstrate help to third parties from 5 different standing situations

2.10.3 Assistance to third parties (situations on the ground)

When assisting third parties from situations on the ground, the candidate demonstrates that he/she is able to end a physical attack on the ground by a third person and to bring the situation under control. When offering help, the candidate brings the situation under control, he/she guarantees the safety of the third party and above all the candidate guarantees his/her own safety. The candidate is completely free to give his own interpretation to this subtheme. There are no specific requirements from the Seishinkai, except that the attack must take place on the ground. By using and demonstrating different Ju-Jitsu skills (Kansetsu-Waza, Jime-Waza, Tsubo's, Atemi-Waza, etc.) he/she shows that one is able to practice Ju-Jitsu effectively. Table 13 shows the minimum requirements for 5th Dan.

- Question: Demonstrate help to third parties from 5 different situations on the ground

2.11 Theme C10: Unarmed Attacks

Theme C10: Unarmed attacks is part of Block C (Applications) of the Dan exam. Within this theme, the candidate defends himself against various unarmed attacks which are introduced via a pre-attack. Within the Seishinkai, the unarmed attacks are divided into the three attack groups: Locks, Enclosures and Atemi-Waza. Each subtheme is clearly explained below, as well as the exam requirements and the exam questions.

2.11.1 Theme C10: Defenses against grabbings including pre-attack

Within this C10 subtheme, the candidate defends himself against attacks from the attack group grabbings. Before the candidate is attacked with an actual grabbing, the opponent must first launch a pre-attack. This pre-attack serves as a logical prelude to the follow-up attack. The candidate fences, blocks and/or dodges this pre-attack, on which the opponent launches his final attack (action-reaction principle). The candidate determines which pre-attack the opponent applies, and is also free to determine which follow-up technique (Hodoki-Waza, Atemi-Waza, Nage-Waza, Kansetsu-Waza and/or Jime-Waza) he/she uses to defend himself. Within the Seishinkai no specific distinction is made between the requirements for 1st Dan and 5th Dan, see table 14. However, the examiners may expect that the



candidate demonstrates an increasing difficulty in techniques per Dan degree. For example, a 3rd Dan candidate should not defend himself from a frontal clothing attack by applying a Kote-Gaeshi.

- Question: Defend yourself against five different attacks from the attack group grabbings including pre-attacks.

2.11.2 Theme C10: Defenses against enclosures including pre-attack

Within this C10 subtheme, the candidate defends himself against attacks from the attack group enclosures. Before the candidate is attacked with an actual enclosure, the opponent must first launch a pre-attack. This pre-attack serves as a logical prelude to the follow-up attack. The candidate fences, blocks and/or dodges this pre-attack, on which the opponent launches his final attack (action-reaction principle). The candidate determines which pre-attack the opponent applies, and is also free to determine which follow-up technique (Hodoki-Waza, Atemi-Waza, Nage-Waza, Kansetsu-Waza and/or Jime-Waza) he/she uses to defend himself. Within the Seishinkai no specific distinction is made between the requirements for 1st Dan and 5th Dan, see table 14. However, the examiners may expect that the candidate demonstrates an increasing difficulty in techniques per Dan degree.

- Question: Defend yourself against five different attacks from the attack group enclosures including pre-attacks.

2.11.3 Theme C10: Defenses against Atemi-Waza including pre-attack

Within this C10 subtheme, the candidate defends himself against attacks from the attack group Atemi-Waza. Before the candidate is attacked with an actual Atemi, the opponent must first launch a pre-attack. This pre-attack serves as a logical prelude to the follow-up attack. The candidate fences, blocks and/or dodges this pre-attack, on which the opponent launches his final attack (action-reaction principle). The candidate determines which pre-attack the opponent applies, and is also free to determine which follow-up technique (Hodoki-Waza, Atemi-Waza, Nage-Waza, Kansetsu-Waza and/or Jime-Waza) he/she uses to defend himself. Within the Seishinkai no specific distinction is made between the requirements for 1st Dan and 5th Dan, see table 14. However, the examiners may expect that the candidate demonstrates an increasing difficulty in techniques per Dan degree.

- Question: Defend yourself against five different attacks from the attack group Atemi-Waza including pre-attacks.

C10	Unarmed Attacks	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
C10.1	Defenses against grabbings, with pre-attack	5	5	5	5	5
C10.2	Defenses against enclosures, with pre-attack	5	5	5	5	5
C10.3	Defenses against Atemi-Waza, with pre-attack	5	5	5	5	5

Table 14: Overview Theme C10 Unarmed Attacks per Dan degree



2.12 Theme C11: Armed Attacks

Theme C11: Armed Attacks, is part of Block C: Applications. Within the armed attacks section, the candidate defends himself against various attacks with different weapons. The attacks launched by the opponent must have the intention to actually strike the candidate. This forces the candidate to properly defend himself. The candidate is free to determine with which techniques to defend himself. However, the candidate must always disarm his/her opponent. The weapons may also be used for initiating a locking technique, strangulation technique and/or giving an Atemi. Within the Seishinkai, weapon attacks are divided into three different categories: Stick attacks, Knife attacks and Chain/Rope attacks, see Table 15. Gun threats are not considered within this theme. Nevertheless, should the candidate want to demonstrate defenses against gun threats, the candidate could do so with his/her own assignment (Theme B1). Each subtheme is clearly explained below, as well as the exam requirements and the exam questions.

C11	Armed attacks	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
Stick attacks						
C11.1	Attacks with Kaibo	5	5	6	7	8
C11.2	Attacks with Hanbo. One or two-handed	-	-	4	5	6
Knife attacks						
C11.3	Attacking with the Tanto. From different directions	5	5	6	7	8
Chain/Rope attacks						
C11.4	Striking with chain/rope	3	4	5	6	6
C11.5	Strangulations with chain/rope	-	-	3	4	4

Table 15: Overview Theme C11 Armed Attacks per Dan degree

2.12.1 Theme C11: Stick Attacks

Within the stick attacks section, the candidate defends himself against various stick attacks. The opponent uses the stick to strike different places on the body, but can also use the stick to stab. Within the Seishinkai, the stick attacks are divided into two different types of attacks: Attacks with the Kaibo (short stick) and attacks with the Hanbo (long stick). The exact dimensions of both sticks can be found in Appendix 8. The candidate decides against which attack he/she defends himself and which technique (Nage-Waza, Kansetsu-Waza, Jime-Waza, etc.) he/she uses to defend himself. However, the candidate must disarm his/her opponent at all times. Also, the candidate can use the Kaibo or the Hanbo to throw his/her opponent onto the Tatami, or by forcing his/her opponent to surrender by means of a locking technique.

2.12.1.1 Theme C11: Stick Attacks 1st and 2nd Dan

For the 1st Dan exam, the candidate demonstrates five different defenses against different attacks with the Kaibo (short stick). The candidate is free to decide against which attack he/she defends himself and with which technique he/she defends himself.

- Question: Defend yourself against five different attacks with the Kaibo (short stick)

2.12.1.2 Theme C11: Stick Attacks 2nd Dan

For the 2nd Dan exam, the candidate demonstrates five different defenses against different attacks with the Kaibo (short stick). The candidate is free to decide against which attack he/she defends himself and with which technique he/she defends himself.



- Question: Defend yourself against five different attacks with the Kaibo (short stick)

2.12.1.3 Theme C11: Stick Attacks 3rd Dan

For the 3rd Dan exam, the candidate demonstrates six different defenses against different attacks with the Kaibo (short stick), or four different defenses against attacks with the Hanbo. The candidate is free to decide against which attack he/she defends himself and with which technique he/she defends himself. During the exam, the examiner decides against which of the two sticks (Kaibo or Hanbo) the candidate has to defend himself. The difference between the defenses against the Kaibo for 3rd Dan level and 1st and 2nd Dan levels lies in the difficulty of the continuation technique (for example: Throwing the opponent by means of the Kaibo to the Tatami or double attacking with the Kaibo).

- Question 1: Defend yourself against six different attacks with the Kaibo
- Question 2: Defend yourself against four different attacks with the Hanbo

2.12.1.4 Theme C11: Stick Attacks 4th Dan

For the 4th Dan exam, the candidate demonstrates seven different defenses against attacks with the Kaibo (short stick) including a pre-attack, or five different defenses against attacks with the Hanbo. The candidate is free to decide against which Kaibo attack he/she defends himself and with which technique he/she defends himself. As for the Hanbo, the examiner will specify the required final phase of the exercise, such as Jime-Waza with the Hanbo, Kansetsu-Waza with the Hanbo or Nage-Waza with the Hanbo. During the exam, the examiner decides against which of the two sticks (Kaibo or Hanbo) the candidate has to defend himself.

- Question 1: Defend yourself against seven different attacks with the Kaibo including a pre-attack
- Question 2: Defend yourself against five different attacks with the Hanbo, final phase Kansetsu-Waza/Nage-Waza/Jime-Waza

2.12.1.5 Theme C11: Stick Attacks 5th Dan

For the 5th Dan exam, the candidate demonstrates eight different defenses against attacks with the Kaibo (short stick) including a pre-attack, or six different defenses against attacks with the Hanbo including a pre-attack. The candidate is free to decide against which Kaibo attack he/she defends himself and with which technique he/she defends himself. During the exam, the examiner decides against which of the two sticks (Kaibo or Hanbo) the candidate has to defend himself.

- Question 1: Defend yourself against eight different attacks with the Kaibo including a pre-attack
- Question 2: Defend yourself against six different attacks with the Hanbo including a pre-attack

2.12.2 Theme C11: Knife Attacks

Within the knife attack section of the Dan exam, the candidate defends himself against various knife attacks (Tanto). Various attacks can be performed with the Tanto. For example, the opponent can stab, cut or use the Tanto to threaten the candidate. The candidate must be able to defend himself against attacks/threats from the Tanto from different directions. The candidate decides against which attacks/threats he/she defends himself and which techniques he/she uses to defend himself. However, the candidate must seriously take into account the (life-threatening) danger of a knife attack. For example, applying throwing techniques will be almost impossible whilst being attacked with a knife. If the candidate chooses to use the Tanto as a means to eliminate the opponent, that is allowed. However, keep in mind that in reality this can have major (legal) consequences.



2.12.2.1 Theme C11: Knife Attacks 1st Dan

For the 1st Dan exam, the candidate demonstrates five different defenses against attacks with the Tanto (the knife). The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself.

- Question: Defend yourself against five different attacks with the Tanto (the knife)

2.12.2.2 Theme C11: Knife Attacks 2nd Dan

For the 2nd Dan exam, the candidate demonstrates five different defenses against attacks and/or threats from the Tanto. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself.

- Question: Defend yourself against five different attacks/threats with the Tanto

2.12.2.3 Theme C11: Knife Attacks 3rd Dan

For the 3rd Dan exam, the candidate demonstrates six different defenses against attacks and/or threats from the Tanto including a pre-attack. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself. There should be an increase in the difficulty of the demonstrated techniques compared to 2nd Dan level.

- Question: Defend yourself against six different attacks/threats with the Tanto

2.12.2.4 Theme C11: Knife Attacks 4th Dan

For the 4th Dan exam, the candidate demonstrates seven different defenses against attacks and/or threats with the Tanto including a pre-attack. The candidate must also defend himself against several attacks with the Tanto whilst on the ground.

- Question: Defend yourself against seven different attacks, possibly with pre-attack/threats with the Tanto (standing position and ground position)

2.12.2.5 Theme C11: Knife Attacks 5th Dan

For the 5th Dan exam, the candidate demonstrates eight different defenses against attacks with or without pre-attack and/or threats from the Tanto. During the exam the examiner determines with which specific attack the candidate will be attacked.

- Question 1: Defend yourself against a diagonal stab from below from standing position
- Question 2: Defend yourself against a linear stab from the side from a kneeling position on the floor
- Question 3: Defend yourself against..... Etc.

2.12.3 Theme C11: Chain/Rope Attacks

Within the chain/rope attacks section of the Dan exam, the candidate defends himself against various attacks with a chain/rope (a judo belt may also be used during the exam). The Seishinkai divides the chain/rope attacks into two different categories: Strikes with a chain/rope and strangulations with a chain/rope. The chain/rope strikes can be single strikes, but can also consist of multiple strikes (e.g. a combination of forehand, backhand, forehand). The chain/rope strangulations can be initiated from different positions, such as from the front, from the side or from behind. The candidate decides against which strikes/strangulations he/she defends himself and which technique he/she uses to defend himself. However, the candidate must disarm his/her opponent at all times.



2.12.3.1 Theme C11: Chain/Rope Attacks 1st Dan

For the 1st Dan exam, the candidate demonstrates three different defenses against chain/rope attacks. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself.

- Question: Defend yourself against three different attacks with a chain/rope

2.12.3.2 Theme C11: Chain/Rope Attacks 2nd Dan

For the 2nd Dan exam, the candidate demonstrates four different defenses against chain/rope attacks. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself.

- Question: Defend yourself against four different attacks with a chain/rope

2.12.3.3 Theme C11: Chain/Rope Attacks 3rd Dan

For the 3rd Dan exam, the candidate demonstrates five different defenses against chain/rope attacks or three defenses against different rope strangulations. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself.

- Question 1: Defend yourself against five different attacks with a chain/rope
- Question 2: Defend yourself against three different strangulations with a chain/rope

2.12.3.4 Theme C11: Chain/Rope Attacks 4th Dan

For the 4th Dan exam, the candidate demonstrates six different defenses against chain/rope attacks or four defenses against different rope strangulations. The candidate decides against which attacks he/she defends himself and with which technique he/she defends himself. However, the candidate must defend himself from a standing position as well as from a position on the ground.

- Question 1: Defend yourself against six different attacks with a chain/rope
- Question 2: Defend yourself against four different strangulations with a chain/rope

2.12.3.5 Theme C11: Chain/Rope Attacks 5th Dan

For the 5th Dan exam, the candidate demonstrates six different defenses against chain/rope attacks or four defenses against different rope strangulations. During the exam the examiner determines with which specific attack the candidate will be attacked.

- Question 1: Defend yourself against a single backhand strike with the rope from a standing position, etc.
- Question 2: Defend yourself against a side strangulation from a kneeling position on the floor, etc.

2.13 Theme C12: Randori

Randori is the Japanese name for the free fight within Ju-Jitsu and is part of Block C: Applications. Within Theme C12, the candidate demonstrates that he/she is able to apply Ju-Jitsu in a realistic self-defense situation. The candidate must defend himself for 1 minute against two attackers, armed or unarmed. See table 16.

2.13.1 Theme C12: Randori two attackers unarmed

In Randori against two unarmed attackers, the candidate defends himself against several unarmed attacks from the attack groups Grabbings, Enclosures and Atemi-Waza. Within the Seishinkai exam, Randori can be applied in two different ways. The examiner can choose to have the candidate attacked by two unarmed opponents for 1 minute. The opponents then attack alternately with different attacks,



with the next attack being launched as soon as an opportunity presents itself. Even when the candidate is on the ground. The examiner can also give the two opponents different assignments. For example, opponent 1 attacks by applying only grabbings and opponent 2 attacks by applying only enclosures. The second way Randori can be examined is that after every two attacks, the examiner stops the fight and gives new assignments to the two opponents. The candidate defends against the two different attacks and eliminates both opponents. After this, the fight is over and a new fight situation is initiated. During the free fight, the examiners look at the correct repelling/blocking of the attacks, overview, tactics, positioning and the effectiveness of the applied Ju-Jitsu skills.

– Question: Defend yourself for 1 minute against two unarmed attackers

2.13.2 Theme C12: Randori two attackers armed

In Randori against two armed attackers, the candidate defends himself against different attacks with different weapons. The weapons used during the Randori are the Kaibo, the Hanbo, the Tanto and the rope. The candidate defends himself from an attack and disarms his opponent. He/she can choose to put the weapon aside or use it to defend against the next attack of the second opponent. For example, the candidate disarms his first opponent from the Hanbo and his second opponent has the Tanto. The candidate can therefore choose to quickly put the Hanbo away or he/she uses the Hanbo to defend himself against the attack with the Tanto. Within the Seishinkai, Randori can be applied in two different ways during the exam. The examiner can choose to have the candidate attacked by two armed opponents for 1 minute. The opponents then attack alternately with different armed attacks. The candidate defends himself and disarms his opponent every time. The examiner can also give the two opponents different assignments. For example, opponent 1 attacks by only applying knife attacks and opponent 2 attacks by only applying stick attacks. The second way Randori can be applied is that after every two attacks, the examiner stops the fight and gives new assignments to the two opponents. The candidate defends against the two different attacks and eliminates both opponents. After this, the fight is over and a new fight situation is initiated. During the free fight, the examiners look at the correct repelling/blocking of the attacks, overview, tactics, positioning, the effectiveness of the applied Ju-Jitsu skills and weapon handling.

- Question: Defend yourself for 1 minute against two armed attackers

C12	Randori	Free fight	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan	5 th Dan
C12.1	1 minute against two unarmed attackers		X	X	X	X	X
C12.2	1 minute against two armed attackers		-	X	X	X	X

Table 16: Overview Theme C12 Randori per Dan degree



3 Exam requirements per Dan degree

In this chapter, the exam requirements per Dan degree are clearly explored. The twelve themes elaborated in the previous chapter are now presented schematically. It is also clearly indicated whether a theme is treated completely (C) or randomly (R) during the exam. (R 1 is 1 randomly chosen assignment and R 2 are 2 randomly chosen assignments).

3.1 Exam requirements 1st Dan

Block A: Kata		
Theme A: Kata		
Theme A1: E-Bo-no-Kata	Demonstrate the E-Bo-no-Kata	C
Block B: Ju-Jitsu skills		
Theme B2: Atemi-Waza, Hodoki-Waza & Uke-Waza		
Theme B2: Atemi-Waza	Demonstrate Atemi-Waza in kata form: Individually or in duo, free choice	R 1
	Demonstrate Atemi-Waza against a pad, hand pad, etc.	
	Demonstrate Atemi-Waza to defend against punching, striking and kicking	
Theme B2: Hodoki-Waza	Demonstrate Hodoki-Waza (rotation moves, lever moves, Atemi-Waza and pressure points)	R 1
Theme B2: Uke-Waza	Demonstrate Uke-Waza in kata form: Individually or in duo, free choice	R 1
	Demonstrate Uke-Waza against Atemi-Waza	
Theme B3: Multiplicity		
Theme B3: Multiplicity Nage-Waza	Demonstrate 2 different throws of your choice according to the multiplicity principle against a minimum of 4 basic attacks from the 4 different attack groups	R 1
Theme B3: Multiplicity Kansetsu-Waza	Demonstrate 2 different locks of your choice according to the multiplicity principle against at least 4 basic attacks from the 4 different attack groups	
Theme B3: Multiplicity Jime-Waza	Demonstrate 1 strangulation of your choice according to the multiplicity principle against a minimum of 4 basic attacks from the 4 different attack groups	
Theme B4: Kansetsu-Waza, Nage-Waza & Jime-Waza		



Theme B4: Kansetsu-Waza	Demonstrate different locking techniques (each subgroup, minimum 6)	R 1
Theme B4: Nage-Waza	Demonstrate different throwing techniques (each subgroup, minimum 6)	
Theme B4: Jime-Waza	Demonstrate different strangulations (each subgroup, minimum 4)	
Theme B5: Ne-Waza		
Theme B5: Position changes on the ground	Demonstrate 5 different position changes on the ground	R 1
Theme B5: Osea-komi-Waza	Demonstrate 5 different holding grips (Osea-Komi-Waza)	
Theme B5: Hodoki-Waza out of Osea-Komi-Waza	Demonstrate 5 different escape techniques to escape out of different holding grips	
Theme B5: Kansetsu-Waza on the ground	Demonstrate different locking techniques on the ground (each subgroup, minimum 6)	R 1
Theme B5: Jime-Waza on the ground	Demonstrate 2 different naked strangulations (Hadaka-Jime) on the ground	
Theme B6: Sen-No-Sen		
Theme B6: Sen-No-Sen (attack combinations)	Demonstrate 1 attack combination, performed with a strike, punch and/or kick combination followed by controlling the opponent by means of a throwing technique, locking technique, strangulation technique or possibly with an elimination technique	C
Theme B7: Renraku-Waza		
Theme B7: Indirect combinations on throwing techniques (Nage-Waza)	Demonstrate 5 different indirect combinations after having failed a throwing technique, free choice continued basic technique	R 1
Theme B7: Indirect combinations on locking techniques (Kansetsu-Waza)	Demonstrate 4 different indirect combinations after having failed a locking technique, free choice continuation basic technique	
Theme B7: Indirect combinations on strangulations (Jime-Waza)	Demonstrate 1 indirect combination after having failed a strangulation technique, free choice continued basic technique	
Theme B8: Kaeshi-Waza		
Theme B8: Take overs on throwing techniques (Nage-Waza)	Demonstrate 2 takeovers on different throws, free choice continuation basic technique	SP 1
Theme B8: Take overs on locking techniques (Kansetsu-Waza)	Demonstrate 2 takeovers on different locking techniques, free choice continuation basic technique	R 1



Theme B8: Take overs on strangulation techniques (Jime-Waza)	Demonstrate 2 takeovers on different strangulation techniques, free choice continuation basic technique	
Theme B9: Special assignments		
Theme B9: Transportation techniques	Demonstrate 3 transportation techniques from sitting, stomach and back position	C
Block C: Applications		
Theme C10: Unarmed attacks		
Theme C10: Defenses against grabbings, with pre-attack	Defend yourself against 5 different attacks from the attack group grabbings, including a pre-attack	R 1
Theme C10: Defenses against enclosures, with pre-attack	Defend yourself against 5 different attacks from the attack group enclosures, including a pre-attack	
Theme C10: Defenses against atemi-waza, with pre-attack	Defend yourself against 5 different attacks from the attack group atemi-waza, including a pre-attack	
Theme C11: Armed attacks		
Theme C11: Stick attacks	Defend yourself against 5 different attacks with the Kaibo (short stick)	R 1
Theme C11: Knife attacks	Defend yourself against 5 different attacks with the Tanto (knife)	
Theme C11: Chain / Rope attacks	Defend yourself against 3 different attacks with a chain/rope	
Theme C12: Randori		
Theme C12: Randori two attackers unarmed	Defend yourself against two unarmed attackers for 1 minute	C



3.2 Exam requirements 2nd Dan

Block A: Kata			
Theme A: Kata			
Theme A1: E-Bo-no-Kata	Demonstrate the E-Bo-no-Kata		C
Theme A2: Ne-waza-Jitsu-no-Kata	Demonstrate the Ne-waza-Jitsu-no-Kata		C
Block B: Ju-Jitsu skills			
Theme B2: Atemi-Waza, Hodoki-Waza & Uke-Waza			
Theme B2: Atemi-Waza	Demonstrate Atemi-Waza in kata form: individually or in duo, free choice	R 1	R 1
	Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza against a pad, hand pad, etc. (R 1)		
	Demonstrate Geri-Waza/Uchi-Waza/Tsuki-Waza as a defense against punching, striking and kicking (R 1)		
Theme B2: Hodoki-Waza	Demonstrate Hodoki-Waza by using rotational movements, by means of lever movements, by means of Atemi-Waza and through pressure points against 5 different attacks from the attack groups Grabbings and Enclosures.		
Theme B2: Uke-Waza	Demonstrate Uke-Waza in kata form: individually or in duo, free choice	R 1	
	Demonstrate Uke-Waza against Atemi-Waza		
Theme B3: Multiplicity			
Theme B3: Multiplicity Nage-Waza	Demonstrate 3 different throws of your choice according to the multiplicity principle against a minimum of 4 basic attacks from the 4 different attack groups		R 1
Thema B3: Multiplicity Kansetsu-Waza	Demonstrate 3 different locks of your choice according to the multiplicity principle against a minimum of 4 basic attacks from the 4 different attack groups		



Theme B3: Multiplicity Jime-Waza	Demonstrate 2 different strangulations of your choice according to the multiplicity principle against a minimum of 4 basic attacks from the 4 different attack groups		
Theme B4: Kansetsu-Waza, Nage-Waza & Jime-Waza			
Theme B4: Kansetsu-Waza	Demonstrate 4 different finger locks (Yubi-Kansetsu-Waza)	R 2	
	Demonstrate 5 different wrist locks (Kote-Kansetsu-Waza)		
	Demonstrate 8 different stretched arm locks (Ude-Hishigi-Waza)		
	Demonstrate 4 different bended arm locks (Ude-Garami-Waza)		
	Demonstrate 3 different neck locks (Kubi-Kansetsu-Waza)		
	Demonstrate 4 different leg locks (Ashi-Kansetsu-Waza)		
Theme B4: Nage-Waza	Demonstrate 7 different leg throws (Ashi-Nage-Waza)	R 2	R 1
	Demonstrate 5 different hip throws (Koshi-Nage-Waza)		
	Demonstrate 6 different shoulder throws (Kata-Nage-Waza)		
	Demonstrate 8 different arm throws (Te-Nage-Waza)		
	Demonstrate 3 different scissor techniques from the ground (Basami-Waza)		
	Demonstrate 9 different sacrificial throws (Sutemi-Waza)		
Theme B4: Jime-Waza	Demonstrate 3 different naked strangulations (Hadaka-Jime-Waza)	R 1	
	Demonstrate 5 different clothing strangulations (Eri-Jime-Waza)		
	Demonstrate 3 different leg locks (Ashi-Jime-Waza)		