



JIU-JITSU GRADUERINGSKEMA for 5. - 1. kyu senior + 1. dan

Navn:

Klub:

Licens nr.:

Grad	5. kyu	4. kyu	3. kyu	2. kyu	1. kyu	1. dan												
	D A	D A	D A	D A	D A	D A												
ATEMI-WAZA Slag/spark	2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
KYUSHO Sårbare punkter	4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			7) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
UKEMI-WAZA Faldteknik	2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
KATAME-WAZA Låseteknik																		
Yubi-gatame / Te-kubi-gatame Fingerlåse / Håndledslåse	2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Ude-gatame / Ashi-gatame Armlåse / Benlåse	3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			7) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Shime-waza / Kubi-gatame Stranguleringer / Nakkelåse	1) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Kombinationer og overtagelser		1) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>				
Ne-waza basis Gulvarbejde	1) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
NAGE-WAZA Kasteteknik	4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			10) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			12) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			14) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Kombinationer og modkast		1) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>				
JIGO-WAZA Forsvar mod																		
Greb med hænder	5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			7) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			9) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			11) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			13) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			15) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Greb med arme	2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			7) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			9) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Slag, spark og tramp	4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			10) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			12) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
Våben, inkl. trusler		2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			6) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			10) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>				
Kombinationer				2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>								
SPECIALE																		
Ebo-no-kata		Serie 1	Serie 1-2	Serie 1-3	Serie 1-4	Speciale på ca. 8 min.												
Forsvar med våben (stav)				3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>				4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>										
Ne-waza Legekamp			1 min. <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			1,5 min. <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2 min. <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>									
HJÆLP til 3. person				2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			3) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>								
RANDORI Flere modstandere			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			2) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			4) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			5) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>						
RANDORI RBM-træning	8) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			10) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			10) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			12) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			14) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>			16) <table border="1" style="display: inline-table; width: 20px; height: 20px;"><tr><td></td><td></td></tr></table>		
BESTÅET	Nej Ja	Nej Ja	Nej Ja	Nej Ja	Nej Ja	Nej Ja												
Dato																		
Gradueringsdommer																		

Gradueringskemaet opbevares i klubben og skal forefindes ved graduering

Gældende fra 01.08.2023