





ALL JAPAN JU-JITSU FEDERATION

	exam from:		M F
	birth:		FedNr:

GROUP	PART			
Own designed work that contains:				
	o Kicks, punches, blocks of part one			
	o Combinations of part two in several directions, including:			
	o Throwing techniques			
	o Takedown techniques			
	o Maki-komi techniques			
	o Hikomi-waza techniques			
	o Takeover throws/takedowns			
	o Combinations and takeovers of locks/strangulations in part two	lock		
		choke		
	o Osae-waza combined with locks/strangulations in part three			
	o Level of Self-defense during the exam			
	o Level of using weaponry during the exam			

 not good enough

 good enough

 result as it should be

. past / not past the exam

Chairman of the exam committee:

2th member:

3th member:
