

JU-JITSU INTERNATIONAL FEDERATION (JJIF)



E-Tournament Duo System **TECHNICAL DETAILS**





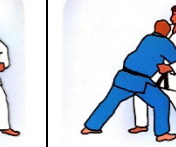

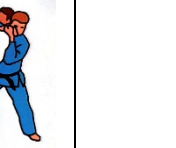
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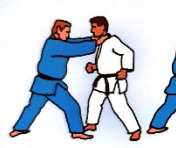

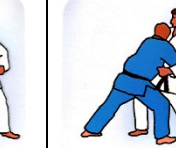

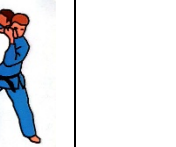


1) ATTACKS TO PRESENT BY AGE CATEGORY





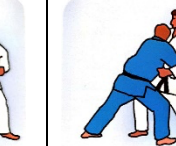

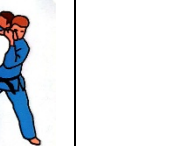
○ U8

A1	A2	A3
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p>	   <p>Strangulation with both hands (frontside)</p> <p>Strangulation with both hands (backside)</p> <p>Strangulation with both hands (from the side)</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p>
A1	A2	A3







○ U10

A1	A2	A3
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p>	   <p>Strangulation with both hands (frontside)</p> <p>Strangulation with both hands (backside)</p> <p>Strangulation with both hands (from the side)</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p>
A1	A2	A3







○ U12

A1	A2	A3
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p>	   <p>Strangulation with both hands (frontside)</p> <p>Strangulation with both hands (backside)</p> <p>Strangulation with both hands (from the side)</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p>
A1	A2	A3









○ U14

A1	A3	B1	B3
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p> <p>A1</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p> <p>A3</p>	 <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>	 <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>

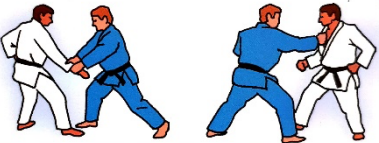





○ U16

A1	A3	B1	B3
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p> <p>A1</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p> <p>A3</p>	 <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>	 <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>

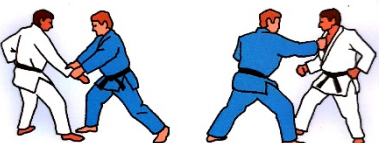

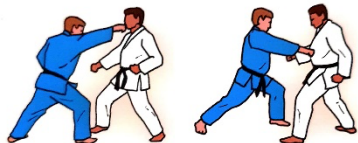



○ U18

A1	A3	B1
  <p>Grab wrist and forearm with two hands</p> <p>Grab the lapel of the Gi with one hand</p> <p>A1</p>	  <p>Embracing torso from the front or back side (under or over the arms)</p> <p>Neck lock from behind</p> <p>A3</p>	 <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>
B3	C 2	C4
 <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>	 <p>Straight knife attack (from the front to the stomach)</p> <p>C2</p>	 <p>Inside stick attack (horizontally or diagonally to the side of the head)</p> <p>C4</p>

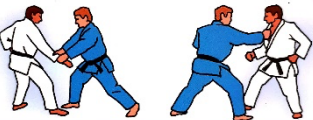



○ U21

<p>A1</p>  <p>Grab wrist and forearm with two hands Grab the lapel of the Gi with one hand</p> <p>A1</p>	<p>A3</p>  <p>Embracing torso from the front or back side (under or over the arms) Neck lock from behind</p> <p>A3</p>	<p>B1</p>  <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>
<p>B3</p>  <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>	<p>C 2</p>  <p>Straight knife attack (from the front to the stomach)</p> <p>C2</p>	<p>C4</p>  <p>Inside stick attack (horizontally or diagonally to the side of the head)</p> <p>C4</p>

○ ADULTS

<p>A1</p>  <p>Grab wrist and forearm with two hands Grab the lapel of the Gi with one hand</p> <p>A1</p>	<p>A3</p>  <p>Embracing torso from the front or back side (under or over the arms) Neck lock from behind</p> <p>A3</p>	<p>B1</p>  <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>
<p>B3</p>  <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>	<p>C 2</p>  <p>Straight knife attack (from the front to the stomach)</p> <p>C2</p>	<p>C4</p>  <p>Inside stick attack (horizontally or diagonally to the side of the head)</p> <p>C4</p>

○ MASTERS

<p>A1</p>  <p>Grab wrist and forearm with two hands Grab the lapel of the Gi with one hand</p> <p>A1</p>	<p>A3</p>  <p>Embracing torso from the front or back side (under or over the arms) Neck lock from behind</p> <p>A3</p>	<p>B1</p>  <p>Straight punch (Jodan or Chudan Tsuki, from the front to the head or torso)</p> <p>B1</p>	<p>B3</p>  <p>Front kick (Mae Geri, to solar plexus or stomach)</p> <p>B3</p>
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2) *COMBINAISONS*

The combination to defend these attacks is free. i.e., you can freely choose your combination, except for the attacks.

The combinations are shown one after the other without a long break. Everyone who practices Ju-Jutsu, Ju-Jitsu or other related self-defence sports or styles knows this type of training. - either as "free self-defence against popular attacks" or from technical training itself. A team consists of two people (attacker and defender). The combinations can be defended and shown by one. The roles can also be swapped.

3) *TECHNICAL EXPECTATIONS*

○ **ADVANCED ATHLETES**

Advanced competitors who have experience in pair competition show off their skills as they would in a "normal" tournament. This includes the pre-attack / main attack and their combination (e.g. shock technique, throwing and closing technique (e.g. lever technique).

○ **BEGINNERS ATHLETES**

The "Beginners" can also use a pre-attack to prepare for the main attack. An example here would be a foot kick as a pre-attack with A1. The defender first performs a block or hand sweep so that the defender's hand is within reach for the main attack "grabbing the wrist with both hands". This is followed by further defence, for example, shock technique, loosening the grip, punching, throwing and finishing technique.

Be creative and have fun!

