

Certification requirements of CJJIF

Attestations are carried out by authorized persons (commissions) of the CJJIF and its regional divisions. Students who have reached a certain qualification level based on the trainer's presentation are certified. Attestation is carried out at the following qualification levels:

----- **elementary children's levels** (from 8 years old) -----

10, 9, 8, 7 kyu - certifications are conducted according to the club evaluation system

----- **elementary student level** (from 12 years old) -----

6th kyu – white belt with a yellow stripe (from 0.5 to 1 year from the start of training)

5th kyu - yellow belt (from 0.5 to 1 year after obtaining the previous level)

----- **average student level** (from 15 years old)-----

4th kyu – orange belt (from the 1st year after receiving a yellow belt)

3rd kyu - green belt (from the 1st year after obtaining an orange belt)

----- **higher student level** (from 18 years old)-----

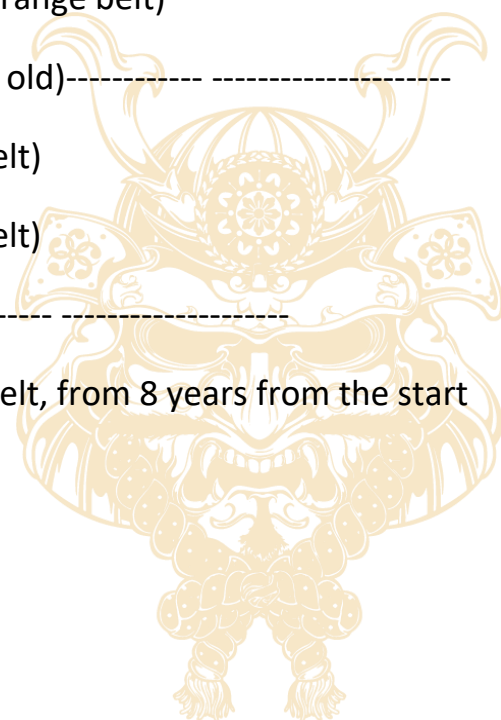
2nd kyu - blue belt (from 2 years after obtaining a green belt)

1st kyu - brown belt (from 2 years after obtaining a blue belt)

----- **master level** (over 22 years old) -----

1st dan - black belt (from 2 years after receiving a brown belt, from 8 years from the start of training)

Certification is held every year in the spring.

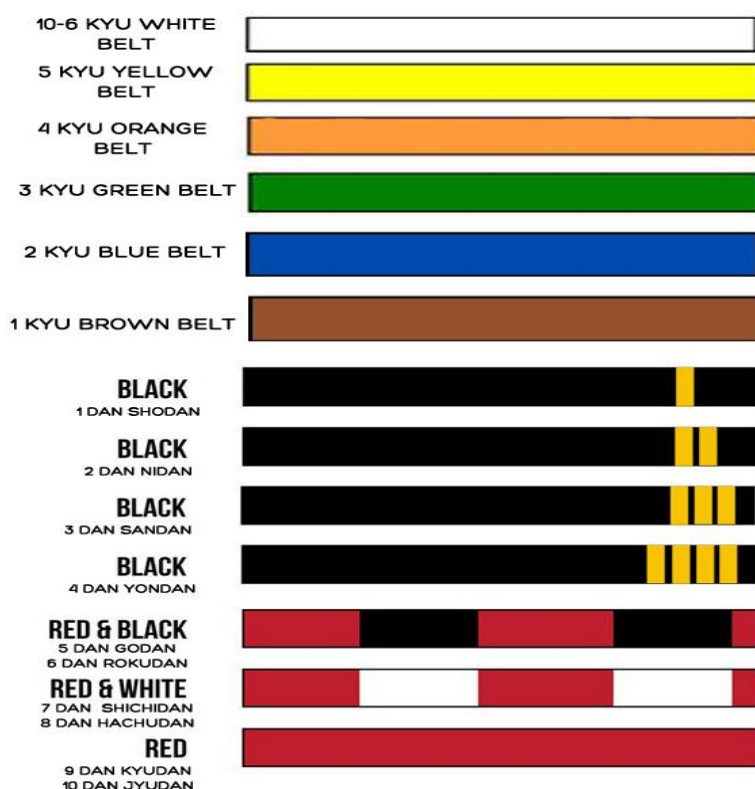


After passing the certification, the fighter gets an idea of the actual level of his training. Find out your strengths and weaknesses. Gets the opportunity to apply in practice the skills and techniques he received during training. Feel what a real battle is.

There are generally accepted and internal standards in the organizations included in the CJJIF.

Attestation requirements

For apprentice degrees in Combat Jiu-Jitsu



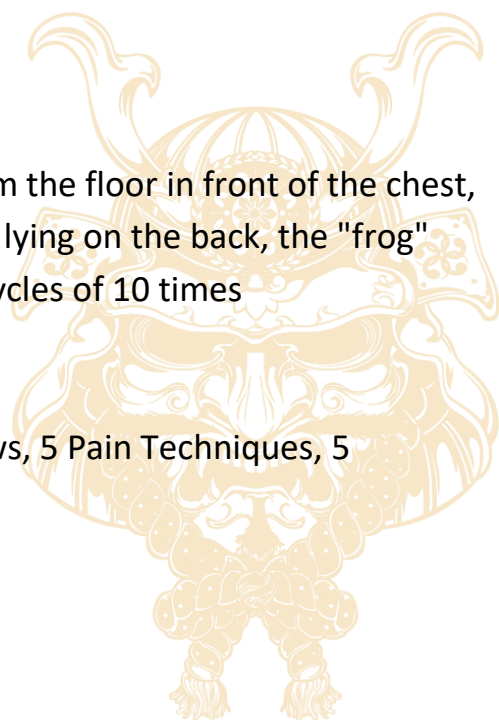
white belt with a yellow stripe (6th kyu)

1st day Physical training:

- pulling up on the crossbar 10 times
- Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs while lying on the back, the "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 10 times

2nd day

Insurance, Combat Stance, Movement, Basic Strikes, 5 Throws, 5 Pain Techniques, 5 Choking Techniques, Release from 5 Grabs.



YELLOW BELT (5TH KYU)

1st day Physical training:

- pulling up on the crossbar 12 times
- Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs while lying on the back, the "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 15 times
- 60 kg barbell press from the chest 10 times
- 1 kettlebell snatch by weight of 16 kg with each hand 20 times
- 1 kettlebell pushing by 16 kg weight with each hand 20 times

2nd day

Basic strikes, 8 throws, 8 pain techniques, 8 choking techniques, release from 8-10 grips.

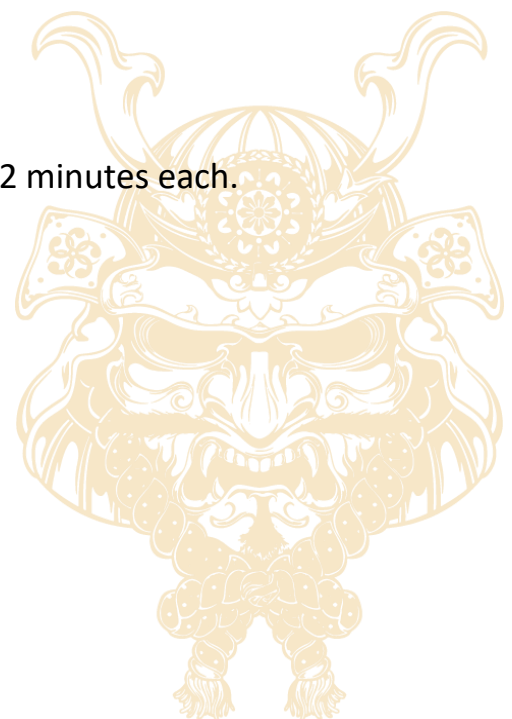
Demonstration of self-defense techniques for 15 attacks, 4 types of attacks (knife attacks, stick attacks, punch attacks, grab attacks) (4 assistants in a circle). The student must demonstrate the skills of orientation, departure from the line of attack, blocking of blows.

- protection against knife blows - 1 min.
- protection against blows with a long stick 1.5 m - 1 min.
- protection against blows of hands and feet - 1 min.
- release from grips - 1 min.
- protection with a stick 0.4 m from random attack - 1 min.
- exemption from lying down - 4 assistants.
- stand-up wrestling - 3 bouts of 2 minutes each.
- wrestling on the ground floor from the knees - 3 fights of 2 minutes each.

ORANGE BELT (4-KY)

1st day Physical training –

- cross - 3 km
- pulling up on the crossbar 15 times



- Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs while lying on the back, the "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 20 times
- 70 kg barbell press from the chest 10 times
- 1 kettlebell snatch by weight of 24 kg with each hand 15 times
- 1 kettlebell pushing by 24 kg weight with each hand 15 times

2nd day

Basic strikes, 10 throws, 10 pain techniques, 10 choking techniques, release from 10-12 grips.

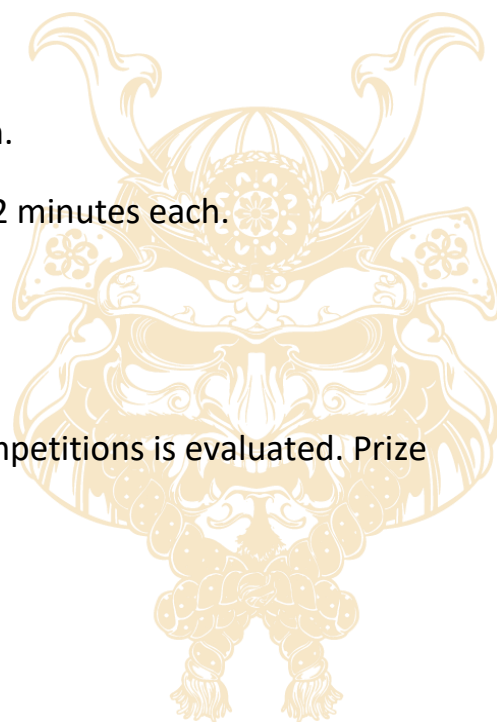
Demonstration of self-defense techniques for 20 attacks, 4 types of attacks (knife attacks, stick attacks, punch attacks, grab attacks) (4 assistants in a circle). The student must demonstrate the skills of orientation, departure from the line of attack, blocking of blows, bringing the opponent off balance and selecting a weapon / counterattack.

- protection against knife blows - 1 min.
- protection against blows with a stick 0.4 m - 1 min.
- protection against blows of hands and feet - 1 min.
- release from obsessions - 1 min.
- protection with a stick 0.4 m from random attack - 1 min.
- exemption from lying down - 4 assistants.
- arbitrary fight in gloves - 3 fights of 2 minutes each.
- arbitrary fight in one glove - 3 fights of 2 minutes each.
- wrestling in rapture in the rack - 3 fights of 2 minutes each.
- wrestling on the ground floor from the knees - 3 fights of 2 minutes each.

GREEN BELT (3-KY)

The level of performances at national and international competitions is evaluated. Prize winner of the national Championship.

1st day Physical training -



-cross - 5 km

- pulling up from the crossbar - 20 times

- -Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs while lying on the back, the "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 25 times

- 80 kg barbell press from the chest 10 times

- kettlebell snatch and pushing of the 1st 32 kg weight with each hand 16 times or the 1st 24 kg weight 20 times!

2nd and 3rd day

Demonstration of self-defense techniques for 20 attacks, 4 types of attacks (knife attacks, stick attacks, punch attacks, grab attacks) (4 assistants in a circle). The student must demonstrate the skills of orientation, departure from the line of attack, blocking of blows, bringing the opponent off balance and selecting a weapon / counterattack. Must dominate and outplay opponents. Manage the situation!

- protection against knife blows - 1 min.

- protection against blows with a long stick 0.4 m - 1 min.

- protection against blows of hands and feet - 1 min.

- liberation from seizures - 1 min.

- protection from a stick 0.4 m from an unexpected attack - 1 min.

- liberation from grips lying down - 4 assistants.

Level of combat training (2 days in a row):

- wrestling in rapture in the rack - 5 fights of 2 minutes each + 5 assists

- wrestling on the floor from the knees - 5 fights of 2 minutes each + 5 assists

- arbitrary fight in gloves - 5 fights of 2 minutes each + 5 assists

- arbitrary fight in one glove - 5 fights of 2 minutes each + 5 assists

- arbitrary fight in gloves against 3 opponents - 3 min

2 kyu - blue belt



Can start coaching entry level groups. The level of performances at national and international competitions is evaluated. Winner/champion of country and continent, winner of the Junior World Championship.

1st day Physical training -

-cross - 6 km

- pulling up from the crossbar - 24 times

- - Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs while lying on the back, the "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 30 times

- barbell press 90 kg from the chest 8-10 times and 120 kg 1-2 times

- 2 kettlebell snatch and pushing by weights of 32 kg 10 times a full cycle or 2 weights of 24 kg 20 times!

- shot put 10 m (weight of the shot 7.25 kg)

2nd and 3rd day

100 combined techniques

Demonstration of self-defense techniques for 25 attacks, 4 types of attacks (knife attacks, stick attacks, punch attacks, grab attacks) (4 assistants in a circle). The student must demonstrate the skills of orientation, departure from the line of attack, blocking of blows, bringing the opponent off balance and selecting a weapon / counterattack. Must dominate and outplay opponents. Manage the situation. Demonstrate personal technical complex!

Training fights - wrestling on the ground floor in capture and standing, in gloves, in one glove up to 30 fights in total.

5 fights in a row + 5 assistants for 2 minutes each.

Against 2 opponents in gloves - 5 minutes.

4 Personal complex

1 kyu - brown belt

Can start coaching intermediate level groups. The level of performances at national and international competitions is evaluated. Winner/champion of the country and continent, winner of the World Championship.



1st day Physical training -

-cross - 8 km

- Complex "4 cycles" (jumping "legs", explosive push-ups from the floor in front of the chest, simultaneous explosive full lifting of the torso and legs lying on the back, "frog" exercise, transition from a palm-toe rest to a sitting rest) 4 cycles of 30 times

- barbell press 100 kg from the chest 4-6 times and 130 kg 1-2 times

- 2 kettlebell snatch and pushing of by weights of 32 kg 10 times a full cycle or 2 weights of 24 kg 20 times!

- projectile thrust 11 m (weight of the projectile 7.25 kg)

2nd and 3rd day

1 - 150 combined techniques

2 Demonstration of self-defense techniques for 25 attacks, 4 types of attacks (knife attacks, stick attacks, punch attacks, grab attacks) (4 assistants in a circle). The student must demonstrate the skills of orientation, departure from the line of attack, blocking of blows, bringing the opponent off balance and selecting a weapon / counterattack. Must dominate and outplay opponents. Manage the situation. Demonstrate personal technical complex!

3 Training fights - grounder in rapture, in gloves, in one glove.

5 fights in a row + 5 assistants for 2 minutes each.

Against 3 opponents in gloves - 5 minutes.

4 Personal complex

5 Non-standard situations

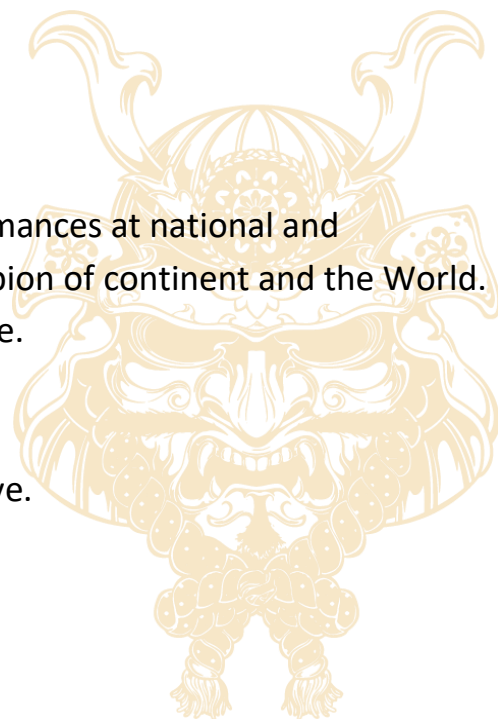
1 dan - black belt

Can train groups of higher student level. The level of performances at national and international competitions is evaluated. Prize winner/champion of continent and the World. Private students are prize-winners and champions of Ukraine.

1 - 200 combined techniques

2 - Training fights - grounder in delight, in gloves, in one glove.

- 10 fights in a row of 2 minutes each.



- Against 2 opponents - 5 min.
- Against 3 opponents - 5 min.
- Against 4 opponents - 5 min.
- Against 3 armed opponents - 5 min.

3 Personal complex

4 Non-standard situations

5 General physical fitness (GPF)

- 140kg barbell press 1-2 times
- the thrust of the core is 12-13 m. (weight of the core is 7.25 kg)

For 2 Dan and above, the training program is set individually according to the requirements of the Combat Ju-Jitsu International Federation. Up to and including the third dan, the results of performances at international competitions are evaluated by individuals and the master's students. From the fourth dan, the development of a personal club, regional and national club is evaluated

of the national federation, the results of training, certifications and sports achievements of the master's students, the mass and contribution to the development of ju-jutsu combats in the region, the country, and the world!

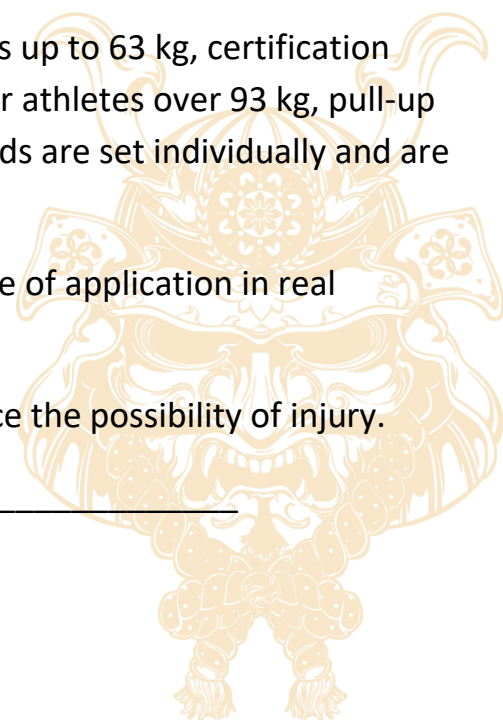
NOTES:

* GPF is set individually. For athletes of light weight categories up to 63 kg, certification standards for working with weight are reduced by 25-30%. For athletes over 93 kg, pull-up requirements are reduced by 10-20%. For women, all standards are set individually and are usually 25-30% lower than men's.

* The combined technique is evaluated primarily from the side of application in real situations.

The bench press is performed from the floor in order to reduce the possibility of injury.

Explanation



A non-standard situation. Freedom from the threat of a weapon (knife) from various situations, including including elements of strangulation, capture.

Personal complex. Everyone has their own personal complex. A set of elements, movements, actions in the following situations:

"The opponent is calm, not expecting an attack.

"The opponent is preparing, but has not yet started the attack.

"The opponent is attacking

President of CJJIF

Vladyslav Shipinskyi

