



## BJJ Prüfungsblatt – 1-3. STRIPE unter TKO Kolski

Name: \_\_\_\_\_

Graduierung: \_\_\_\_\_

1. Take down (max. 20 Punkte): **Double Leg, Ogoshi, Osoto gari**.....15
2. Closed Guard (max. 20 Punkte): **2 ways open, 2 passes, armbar, 2 chokes, kimura, triangle, omoplata, guillotine, 2 sweeps on knee, 2 sweep from standing**.....15
3. Butterfly guard 2 passes, one sweep, arm drag and sweep
4. BACK – **how to get there, Mata Leao, Lapel choke, Armbar, 2 escapes**.....10
5. Spider Guard – 2 passes, 2 sweeps
6. Cross Body (YOKO) control, 2 ways to mount, 2 escapes, armbar, kimura.....10
7. Half guard – **2 passes, got to the back, 1 sweep**.....10
8. MOUNT – **cross choke, armbar 2 ways, americana, bridge escape, elbow escape, ezezial choke (sode guruma**.....10
9. KNEE on BELLY – how to get there, **2 armbars, 2 chokes, 2 escapes**.....5
10. TURTLE – **Take back, 2 escapes from turtle, clock choke (koshi jime)**.....10
11. GROUND CONTROL .....**Positions** .....15
12. Extra Punkte (max. 10 Punkte):.....Punkte für .....

**Gesamt: ..... von max. 110**

(Ausgezeichnet: 100-110, Sehr Gut: 90-100, Bestanden: 70-89, nicht Bestanden: 70>)

Prüfer.....

Datum.....