






















**u18 u21 & Seniors all!**










**u15 Serie A&B 4 attacks drawn by the referee!**





Serie A				
	<b>A1</b>			
Grip Arm		Grip Gi		
	<b>A2</b>		<b>A2</b>	
Front Strangulation	Back Strangulation	Side Strangulation		
	<b>A3</b>		<b>A3</b>	
Embraces front over & under Arms		Embraces backside		
	<b>A4</b>			
Embraces neck side		Embraces neck side		

Serie B		
	<b>B1</b>	
Tsuki I straight Punch from the front side		
	<b>B2</b>	
Tsuki / round Punch up or from the side		
	<b>B3</b>	
Mae Geri / front kick		
	<b>B4</b>	
Mawashi Geri / round kick target stomach		

Serie C		
	<b>C1</b>	
Knife attack from outside round		
	<b>C2</b>	
Knife attack straight		
	<b>C3</b>	
Stick attack from the top		
	<b>C4</b>	
Stick attack from outside		

JJEU u10 Serie A 3 free/attacks. u12 Serie A&B 3 free/attacks

Serie A		
	A1	
Grip Arm		Grip Gi
	A2	
Front Strangulation	A2	Back Strangulation
		
		Side Strangulation
	A3	
Embraces front over & under Arms		Embraces backside
	A4	
Embraces neck side		Embraces neck side

Serie B	
	B1
Tsuki I straight Punch from the front side	
	B2
Tsuki / round Punch up or from the side	
	B3
Mae Geri / front kick	
	B4
Mawashi Geri / round kick target stomach	