

AMERI-KAN JUDO GAKKOO

SEINEN GOKYU

Senior Fifth Class - Orange Belt



INSTRUCTIONS:

Examiners will score the physical exam with zero through five points.

- 0) Student does not know the technique.
- 1) Student performs proper technique but does not show understanding of basic principles.
- 2) Student performs proper technique and shows understanding of basic principles but the overall result is still lacking in some area.
- 3) Student performs technique at an average level for this stage.
- 4) Student demonstrates that the technique can be used successfully in shiai against a similar caliber opponent.
- 5) Student demonstrates complete mastery of technique; relative to this stage.

KENKOSHINDAN

Physical Exam

HON WAZA

Basic Techniques

_____	NIJU WO KAZOERIMASU	Count to 20
_____	ZA REI	Kneeling Bow
_____	RITSU REI	Standing Bow
_____	SEIZA	Sitting on Knees
_____	ANZA	Sitting Cross-Legged
_____	OBI WO SHIMERIMASU	Tie a belt
_____	AYUMI ASHI	Normal Walking
_____	MAE MAWARI TAI SABAKI	Front Circular Body Pivoting (R+L)
_____	USHIRO MAWARI TAI SABAKI	Backwards Circular Body Pivoting (R+L)
_____	SHIZEN HONTAI	Natural Posture (R+M+L)
_____	JIGO HONTAI	Defensive Posture (R+M+L)
_____	HAPPO-NO-KUZUSHI	Eight Directions of Off Balancing
_____	JUDOGI WO TATAMASU	Fold a Judo Uniform

_____ Total for this Section _____ Total for Exam

UKEMI WAZA

Falling Techniques

_____	MAE UKEMI	Front Fall
_____	USHIRO UKEMI	Backwards Fall
R L		
_____	YOKO UKEMI	Side Fall
_____	MAE MAWARI UKEMI	Front Rotation Fall

_____ Total for this Section _____ Total for Exam

KUMITE WAZA
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping
_____	_____	KORYOU NIGIRI	- Standard Lapel and Sleeve (1882) Grip
_____	_____	SODEGUCHI NIGIRI	Collar Grip
_____	_____	UWAERI NIGIRI	Sleeve Cuff Grip
_____	_____	Inside Snatch-Away Grip Break from Lapel Grip	High (Upper) Lapel Grip
_____	_____	Elbow Pull-Away Grip Break from Sleeve Grip	
_____	_____	Drive Through Grip Break from Collar Grip	
_____	_____	Circling Arm Break from Sleeve Grip	
_____	_____	Total for this Section	Total for Exam

NAGE WAZA
Throwing Techniques

R	L		
_____	_____	O SOTO GARI	Major Outside Reap
_____	_____	O GOSHI	Major Hip
_____	_____	IPPON SEOI NAGE	One Arm Back Carry Throw
_____	_____	O UCHI GARI	Major Inside Reap
_____	_____	TAI OTOSHI	Body Drop
_____	_____	TANI OTOSHI	Valley Drop
_____	_____	DEASHI HARAI	Advanced Foot Sweep
_____	_____	KO UCHI GARI	Minor Inside Reap
_____	_____	MOROTE GARI	Two Hand Reap
_____	_____	KOSHI GURUMA	Hip Wheel
_____	_____	HARAI GOSHI	Sweeping Hip
_____	_____	MOROTE SEOI NAGE	Two Hand Back Carry Throw
_____	_____	TOMOE NAGE	Comma Throw
_____	_____	Total for this Section	Total for Exam

BOGYO WAZA
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards Body Pivoting
_____	_____	MAE TAI SABAKI	Forwards Body Pivoting
_____	_____	TE NOSU GOSHI	Hand on Hip
_____	_____	NESOBERU	Sprawl
_____	_____	Total for this Section	Total for Exam

五級

KAESHI WAZA
Counter Techniques

_____	O SOTO GAESHI	Major Outside Counter
_____	O GOSHI → TANI OTOSHI	Major Hip Countered with Valley Drop
_____	O UCHI SUKASHI	Major Inside Avoidance
_____	TSUBAME GAESHI	Swallow Counter

_____ Total for this Section _____ Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

_____	IPPON SEOI NAGE → O SOTO GARI
_____	O UCHI GARI → TAI OTOSHI
_____	KO UCHI GARI → IPPON SEOI NAGE

_____ Total for this Section _____ Total for Exam

RENZOKU WAZA
Continuation Combination Techniques

_____	O SOTO GARI → O UCHI GARI
_____	O UCHI GARI → O SOTO GARI
_____	KO UCHI GARI → O UCHI GARI

_____ Total for this Section _____ Total for Exam

TAOSHI WAZA
Throw Down Techniques

_____	O SOTO GARI → KESA GATAME
_____	TANI OTOSHI → KESA GATAME
_____	O GOSHI → KUZURE KESA GATAME

_____ Total for this Section _____ Total for Exam

HAIRI WAZA
Entry Techniques

_____ Mat Crawls (10)

From HANDS & KNEES TOP:

_____	Butcher "Two-handed Elbow Pull"
_____	Half-Nelson (Side)
_____	Gator Roll
_____	Double Belt Pull Turn Over w/ Rear Choke

From HANDS & KNEES BOTTOM:

_____	Elbow Roll
_____	Cross Ankle Pull Under
_____	Seoi Rope Climb

From LEGS AROUND TOP:

- _____ Sleeve Pull Around Entry
- _____ Swinging Knee Entry
- _____ Knee In Entry

From LEGS AROUND BOTTOM:

- _____ DO JIME
- _____ Elevator
- _____ UDE HISHIGI JUJI GATAME

_____ Total for this Section _____ Total for Exam

OSEAKOMI WAZA

Hold Down Techniques

- | | |
|--------------------------|----------------------------|
| _____ KESA GATAME | Scarf Lock |
| _____ KUZURE KESA GATAME | Modified Scarf Lock |
| _____ KAMI SHIHO GATAME | Upper Four Corners Lock |
| _____ TATE SHIHO GATAME | Vertical Four Corners Lock |

_____ Total for this Section _____ Total for Exam

SHIME WAZA

Choking Techniques

- | | |
|--------------------------------------|---------------------|
| _____ Explain Butter Knife Principle | |
| _____ NAMI JUJI JIME | Normal Cross Choke |
| _____ HADAKA JIME | Naked Strangle |
| _____ GYAKYU JUJI JIME | Reverse Cross Choke |
| _____ OKURI ERI JIME | Sliding Lapel Choke |

_____ Total for this Section _____ Total for Exam

KANSETSU WAZA

Joint Locking Techniques

- | | |
|-------------------------------|----------------------|
| _____ UDE HISHIGI JUJI GATAME | Arm Crush Cross Lock |
| _____ UDE HISHIGI UDE GATAME | Arm Crush Arm Lock |

_____ Total for this Section _____ Total for Exam

FUSEGI WAZA

Escaping Techniques

From KESA GATAME:

- _____ Bridge and Roll
- _____ Uphill / Turn-In
- _____ Sit-Up

From NAMI JUJI JIME:

- _____ Push Elbows In
- _____ Push Arms Up

From HADAKA JIME:

Seoi Rope Climb
Arm Pull Down

From UDE HISHIGI JUJI GATAME:

Arm Pull Away
Legs To Head

From KAMI SHIHO GATAME:

Single Roll

From TATE SHIHO GATAME:

Legs Around / Move Into Guard

_____ Total for this Section _____ Total for Exam

Total number of points: _____

Total number of points required for passing score 339.

If the student receives a score above 480 AND the examiner feels they are competent enough for the next level he/she may be recommended for Seinen Yonkyu.

This student: Passed
 Failed
 Recommended for Seinen Yonkyu

Examiner: _____ Rank: _____

修行