

# AMERI-KAN JUDO GAKKOO

## SEINEN IKKYU

### Senior First Class - Brown 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

_____	ISSEN WO KAZOERIMASU	Count to 1000
_____	TSUGI ASHI	Follow Foot Walking
_____	KYOSHI	High Kneel

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

#### *UKEMI WAZA*

#### Falling Techniques

R	L		
_____	_____	USHIRO MAWARI UKEMI	Backwards Rotation Fall

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

#### *KUMITE WAZA*

#### Gripping Techniques

R	L		
_____	_____	JUJI ERI NIGIRI	Cross Lapel Grip
_____	_____	JUJI URA NIGIRI	Cross Back Grip
_____	_____	KATATE ERI NIGIRI	Single Hand Lapel Grip
_____	_____	MOROTE SODEGUCHI NIGIRI	Two Hand Sleeve Cuff Grip

\_\_\_\_\_ Push Down Grip Break from High Lapel Grip  
 \_\_\_\_\_ Outside Snatch-Away Grip Break from Lapel Grip  
 \_\_\_\_\_ UDE HISHIGI UDE GATAME from Collar Grip  
 \_\_\_\_\_ UDE HISHIGI WAKI GATAME from Lapel Grip

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

## *NAGE WAZA*

### Throwing Techniques

R	L		
_____	_____	O SOTO GURUMA	Major Outside Wheel
_____	_____	KATA GURUMA	Shoulder Wheel
_____	_____	UKI WAZA	Floating Technique
_____	_____	SEOI OTOSHI	Back Carry Drop
_____	_____	YOKO GURUMA	Side Wheel
_____	_____	UKI OTOSHI	Floating Drop
_____	_____	YOKO GAKE	Side Dash
_____	_____	URA NAGE	Back Throw
_____	_____	SASAE TSURIKOMI ASHI	Prop Taking In Foot
_____	_____	TSURIKOMI GOSHI	Taking In Hip
_____	_____	HIZA GURUMA	Knee Wheel
_____	_____	KO SOTO GARI	Minor Outside Reap
_____	_____	O TSURI GOSHI	Major Lifting Hip
_____	_____	HANE GOSHI	Springing Hip
_____	_____	SUKUI NAGE	Scooping Throw
_____	_____	SOTO MAKIKOMI	Outside Wrap Around
_____	_____	HIKIKOMI GAESHI	Draw In Counter
_____	_____	KIBISU GAESHI	Heel Counter
_____	_____	KO UCHI MAKIKOMI	Minor Inside Wrap Around
_____	_____	O SOTO GAKE	Major Outside Hook
_____	_____	YOKO OTOSHI	Side Drop
_____	_____	NIDAN KO SOTO GARI	Second Degree Minor Outside Reap
_____	_____	KO SOTO GAKE	Minor Outside Hook
_____	_____	KO TSURI GOSHI	Minor Lifting Hip
_____	_____	ASHI GURUMA	Foot Wheel
_____	_____	HARAI TSURIKOMI ASHI	Sweeping Taking In Foot
_____	_____	UCHI MAKIKOMI	Inside Wrap Around
_____	_____	UTSURI GOSHI	Switching Hip
_____	_____	O GURUMA	Major Wheel
_____	_____	USHIRO GOSHI	Backwards Hip

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

# 一級

*BOGYO WAZA*  
Defense Techniques

R	L		
_____	_____	GOSHI TSURI	Hip Lift
_____	_____	UKE TO HINERI	Block & Spin from SEOI OTOSHI
_____	_____	TSURI KOKAN	Lift Between the Legs
_____		Total for this Section	_____ Total for Exam

*KAESHI WAZA*  
Counter Techniques

_____	_____	KO UCHI SUKASHI	Minor Inside Avoidance
_____	_____	UCHI MATA → TAI OTOSHI	Inner Thigh Countered with Body Drop
_____	_____	TAI OTOSHI → YOKO GURUMA	Body Drop Countered with Side Wheel
_____	_____	MOROTE SEOI NAGE → SUMI GAESHI	Two Arm Back Carry Throw Countered with Corner Counter
_____	_____	UCHI MATA SUKASHI	Inner Thigh Avoidance
_____	_____	KO UCHI GAESHI	Minor Inside Counter
_____	_____	HANE GOSHI → URA NAGE	Springing Hip Countered with Back Throw
_____	_____	HARAI GOSHI GAESHI	Sweeping Hip Counter
_____	_____	UCHI MATA GAESHI	Inner Thigh Counter
_____	_____	HANE GOSHI GAESHI	Springing Hip Counter
_____	_____	KO SOTO GARI → UCHI MATA	Minor Outside Reap Countered with Inner Thigh
_____	_____	O SOTO GARI → KO SOTO GARI	Mjr Outside Reap Countered w/ Mnr Outside Reap
_____	_____	KOSHI GURUMA → USHIRO GOSHI	Hip Wheel Countered with Backwards Hip
_____		Total for this Section	_____ Total for Exam

*RENRAKU WAZA*  
Reaction Combination Techniques

_____	_____	KO UCHI GARI → UCHI MATA	
_____	_____	UCHI MATA → O UCHI GARI	
_____	_____	KO UCHI GARI → TAI OTOSHI	
_____	_____	O SOTO GARI → HARAI GOSHI	
_____	_____	UCHI MATA → KO UCHI GARI	
_____	_____	O UCHI GARI → UCHI MATA	
_____	_____	UCHI MATA → O SOTO GARI	
_____	_____	O SOTO GARI → SEOI OTOSHI	
_____	_____	TSURIKOMI GOSHI → O UCHI GARI	
_____	_____	O SOTO GARI → SASAE TSURIKOMI ASHI	
_____	_____	IPPON SEOI NAGE → KO UCHI MAKIKOMI	
_____	_____	O SOTO GARI → HIZA GURUMA	
_____	_____	SASAE TSURIKOMI ASHI → DEASHI HARAI	
_____	_____	O SOTO GARI → UCHI MATA	
_____		Total for this Section	_____ Total for Exam



From LEGS AROUND TOP:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Cross Ankle Trap / Knee Over Leg Entry  
Double Belt Turn Over  
Somersault Entry  
KATATE JIME  
Boston Crab Entry  
TSUKKOMI JIME

From LEGS AROUND BOTTOM:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
OMOTE SANKAKU JIME  
UDE GARAMI  
KATAGOSHI URA NIGIRI KATA JUJI JIME  
SUMI GAESHI  
UDE HISHIGI OMOTE SANKAKU GATAME  
RYOTE JIME  
UDE HISHIGI HIZA GATAME  
MAKI TEKUBI JIME

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*OSEAKOMI WAZA*  
**Hold Down Techniques**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
KUZURE KAMI SHIHO GATAME      Modified Upper Four Corners Lock  
USHIRO KESA GATAME      Backwards Scarf Lock  
KUZURE YOKO SHIHO GATAME      Modified Side Four Corners Lock  
MAKURA KESA GATAME      Pillow Scarf Lock  
MUNE GATAME      Chest Lock  
UKI GATAME      Floating Lock

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*SHIME WAZA*  
**Choking Techniques**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
KATATE JIME      Single Hand Choke  
RYOTE JIME      Double Hand Choke  
TSUKKOMI JIME      Thrust Choke  
SODE GURUMA JIME      Sleeve Wheel Choke

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*KANSETSU WAZA*  
**Joint Locking Techniques**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
UDE HISHIGI WAKI GATAME      Arm Crush Armpit Lock  
UDE HISHIGI HIZA GATAME      Arm Crush Knee Lock  
ASHI GARAMI      Leg Entanglement  
UDE HISHIGI HARA GATAME      Arm Crush Stomach Lock

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*FUSEGI WAZA*  
Escaping Techniques

From KAMI SHIHO GATAME:

Press Out / Legs Over Head

\_\_\_\_\_

From YOKO SHIHO GATAME:

Bridge and Roll

Leg Entanglement Escape

KATATE KATAASHI JIME

OMOTE SANKAKU JIME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

Total number of points: \_\_\_\_\_

Total number of points required for passing score 507.

If the student receives a score above 718 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shodan.

This student:       Passed  
                          Failed  
                          Recommended for Shodan

Examiner: \_\_\_\_\_ Rank: \_\_\_\_\_

修行