

AMERI-KAN JUDO GAKKOO

SEINEN NIKYU

Senior Second 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

_____	GOHYAKYU WO KAZOERIMASU	Count to 500
_____	HANDO-NO-KUZUSHI	Off Balancing by Reaction
_____	TSUGI ASHI	Follow Foot Walking
_____	KYOSHI	High Kneel

_____ Total for this Section _____ Total for Exam

UKEMI WAZA

Falling Techniques

R	L		
_____	_____	JITEN UKEMI	Spinning Fall
_____	_____	USHIRO MAWARI UKEMI	Backwards Rotation Fall

_____ Total for this Section _____ Total for Exam

KUMITE WAZA

Gripping Techniques

R	L		
_____	_____	KOWAKI URA NIGIRI	Under the Armpit Back Grip
_____	_____	KATAGOSHI URA NIGIRI	Over the Shoulder Back Grip
_____	_____	JUJI ERI NIGIRI	Cross Lapel Grip
_____	_____	JUJI URA NIGIRI	Cross Back Grip

_____ Circling Wrist Grip Break from Sleeve Cuff Grip
 _____ Push Down Grip Break from High Lapel Grip
 _____ Outside Snatch-Away Grip Break from Lapel Grip

_____ Total for this Section _____ Total for Exam

NAGE WAZA

Throwing Techniques

R	L		
_____	_____	UCHI MATA	Inside Thigh
_____	_____	OKURI ASHI HARAI	Sliding Foot Sweep
_____	_____	UKI GOSHI	Floating Hip
_____	_____	DAKIAGE	Hold up in Arms
_____	_____	SUMI GAESHI	Corner Reversal
_____	_____	O SOTO OTOSHI	Major Outside Drop
_____	_____	YAMA ARASHI	Mountain Storm
_____	_____	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

_____ Total for this Section _____ Total for Exam

二級

BOGYO WAZA
Defense Techniques

	R	L		
_____	_____	_____	UCHI ASHI TOBU	Inside Leg Jump Around
_____	_____	_____	SOTO ASHI TOBU	Outside Leg Jump Around
_____	_____	_____	GOSHI TSURI	Hip Lift
_____	_____	_____	UKE TO HINERI	Block & Spin from SEOI OTOSHI
_____	Total for this Section		_____	Total for Exam

KAESHI WAZA
Counter Techniques

_____	KOSHI GURUMA → O GOSHI	Hip Wheel Countered with Major Hip		
_____	TAWARA GAESHI	Rice Bag Counter		
_____	IPPON SEOI NAGE →	One Arm Back Carry Throw Countered		
_____	DEASHI HARAI	with Advanced Foot Sweep		
_____	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 →	Two Arm Back Carry Throw Countered		
_____	SUMI GAESHI	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		
_____	Total for this Section		_____	Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

_____	TAI OTOSHI → O UCHI GARI			
_____	TAI OTOSHI → KO UCHI GARI			
_____	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			
_____	Total for this Section		_____	Total for Exam

残心

RENZOKU WAZA

Continuation Combination Techniques

O UCHI GARI → KO UCHI GARI
DEASHI HARAI → IPPON SEOI NAGE
UCHI MATA → TAI OTOSHI
TAI OTOSHI → UCHI MATA
IPPON SEOI NAGE → SEOI OTOSHI

_____ Total for this Section _____ Total for Exam

TAOSHI WAZA

Throw Down Techniques

MOROTE SEOI NAGE → KAMI SHIHO GATAME
TAWARA GAESHI → TATE SHIHO GATAME
DEASHI HARAI → YOKO SHIHO GATAME
UKI GOSHI → KATA GATAME

_____ Total for this Section _____ Total for Exam

HAIJI WAZA

Entry Techniques

From HANDS & KNEES TOP:

Half-Nelson (Front)
KATA TATE ASHI JIME
Double Lapel Turn Over
UDE HISHIGI JUJI GATAME – Falling Backwards
Cross Face Turn Over
Guillotine Choke (Upside Down HADAKA JIME)
KATA TATE HIJI JIME (Cross Bow Choke)
UDE HISHIGI JUJI GATAME – Rolling Forwards
YOKO SANKAKU JIME
Donikov Roll
KATA TATE HIZA JIME
UDE HISHIGI JUJI GATAME – Upside Down

From HANDS & KNEES BOTTOM:

Kneeling O SOTO GARI
Kneeling HARAI GOSHI
Kneeling UKI WAZA
USHIRO RYOTE JIME (Baseball Choke)

From LEGS AROUND TOP:

Leg Pull Under / Step Over Entry
Ankle Trap / Head Under Leg Entry
Cross Ankle Trap / Knee Over Leg Entry
Somersault Entry
Double Belt Turn Over
KATATE JIME

From LEGS AROUND BOTTOM:

_____ Scissor
_____ UDE HISHIGI UDE GATAME
_____ OMOTE SANKAKU JIME
_____ UDE GARAMI
_____ KATAGOSHI URA NIGIRI KATA JUJI JIME
_____ SUMI GAESHI
_____ UDE HISHIGI OMOTE SANKAKU GATAME

_____ Total for this Section _____ Total for Exam

OSEAKOMI WAZA

Hold Down Techniques

_____ YOKO SHIHO GATAME	Side Four Corners Lock
_____ KATA GATAME	Shoulder Lock
_____ 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

_____ Total for this Section _____ Total for Exam

SHIME WAZA

Choking Techniques

_____ KATA JUJI JIME	Half Cross Choke
_____ KATAHA JIME	Single Edged Blade Choke
_____ 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 GARAMI	Arm Entanglement
_____ UDE HISHIGI WAKI GATAME	Arm Crush Armpit Lock
_____ UDE HISHIGI HIZA GATAME	Arm Crush Knee Lock

_____ Total for this Section _____ Total for Exam

FUSEGI WAZA

Escaping Techniques

From KESA GATAME:

_____ Arm-Cross
_____ Head Hook

From NAMI JUJI JIME:

_____ Rip Off Top Arm

From HADAKA JIME:

Head Duck Under

From KAMI SHIHO GATAME:

Double Bridge and Roll

Press Out / Legs Over Head

From TATE SHIHO GATAME:

Bridge and Roll

From YOKO SHIHO GATAME:

Ebe / Turn-In

Bridge and Roll

Leg Entanglement Escape

KATATE KATAASHI JIME

OMOTE SANKAKU JIME

From KATA GATAME:

Backwards Extension

_____ 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 Seinen Ikkyu.

This student: Passed
 Failed
 Recommended for Seinen Ikkyu

Examiner: _____ Rank: _____

修行