

# AMERI-KAN JUDO GAKKOO

## SEINEN ROKYU

### Senior Sixth Class - Yellow 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

_____	JU WO KAZOERIMASU	Count to 10
_____	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

\_\_\_\_\_ 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

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

*KUMITE WAZA*  
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping - Standard Lapel and Sleeve (1882) Grip
_____	_____	KORYOU NIGIRI	Collar Grip
_____	_____	Inside Snatch-Away Grip Break from Lapel Grip	
_____	_____	Elbow Pull-Away Grip 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
_____	_____	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
_____	_____	Total for this Section	Total for Exam

*KAESHI WAZA*  
Counter Techniques

_____		O SOTO GAESHI	Major Outside Counter
_____	_____	Total for this Section	Total for Exam

*RENRAKU WAZA*  
Reaction Combination Techniques

_____		IPPON SEOI NAGE → O SOTO GARI	
_____	_____	Total for this Section	Total for Exam

六級

*RENZOKU WAZA*  
Continuation Combination Techniques

\_\_\_\_\_ O SOTO GARI → O UCHI GARI  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*TAOSHI WAZA*  
Throw Down Techniques

\_\_\_\_\_ O SOTO GARI → 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"  
From HANDS & KNEES BOTTOM:  
\_\_\_\_\_ Elbow Roll  
From LEGS AROUND TOP:  
\_\_\_\_\_ Sleeve Pull Around Entry  
\_\_\_\_\_ Swinging Knee Entry  
From LEGS AROUND BOTTOM:  
\_\_\_\_\_ DO JIME  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*OSEAKOMI WAZA*  
Hold Down Techniques

\_\_\_\_\_ KESA GATAME      Scarf 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  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*KANSETSU WAZA*  
Joint Locking Techniques

\_\_\_\_\_ UDE HISHIGI JUJI GATAME                      Arm Crush Cross Lock

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

*FUSEGI WAZA*  
Escaping Techniques

\_\_\_\_\_ From KESA GATAME:  
                    Bridge and Roll

\_\_\_\_\_ From NAMI JUJI JIME:  
                    Push Elbows In

\_\_\_\_\_ From HADAKA JIME:  
                    Seoi Rope Climb

\_\_\_\_\_ From UDE HISHIGI JUJI GATAME:  
                    Arm Pull Away

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

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

Total number of points required for passing score 171.

If the student receives a score above 242 AND the examiner feels they are competent enough for the next level he/she may be recommended for Seinen Gokyu.

This student:                            Passed  
         Failed  
         Recommended for Seinen Gokyu

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

修行