

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

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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