

AMERI-KAN JUDO GAKKOO

SEINEN SANKYU

Senior Third 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

_____	HYAKYU WO KAZOERIMASU	Count to 100
_____	JUDOGI WO TATAMASU	Fold a Judo Uniform
_____	HANDO-NO-KUZUSHI	Off Balancing by Reaction
_____	TSUGI ASHI	Follow Foot Walking

_____ Total for this Section _____ Total for Exam

UKEMI WAZA

Falling Techniques

R	L		
_____	_____	MAE MAWARI UKEMI	Front Rotation Fall
_____	_____	JITEN UKEMI	Spinning Fall
_____	_____	USHIRO MAWARI UKEMI	Backward Rotation Fall

_____ Total for this Section _____ Total for Exam

KUMITE WAZA

Gripping Techniques

R	L		
_____	_____	SODEGUCHI NIGIRI	Sleeve Cuff Grip
_____	_____	UWAERI NIGIRI	High (Upper) Lapel Grip
_____	_____	KOWAKI URA NIGIRI	Under the Armpit Back Grip
_____	_____	KATAGOSHI URA NIGIRI	Over the Shoulder Back Grip
_____	_____	JUJI ERI NIGIRI	Cross Lapel Grip

_____	Drive Through Grip Break from Collar Grip	
_____	Circling Arm Break from Sleeve Grip	
_____	Circling Wrist Grip Break from Sleeve Cuff Grip	
_____	Push Down Grip Break from High Lapel Grip	
_____	Total for this Section	_____ Total for Exam

NAGE WAZA

Throwing Techniques

R	L		
_____	_____	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
_____	_____	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
_____	_____	Total for this Section	_____ Total for Exam

BOGYO WAZA

Defense Techniques

R	L		
_____	_____	TE NOSU GOSHI	Hand on Hip
_____	_____	NESOBERU	Sprawl
_____	_____	UCHI ASHI TOBU	Inside Leg Jump Around
_____	_____	SOTO ASHI TOBU	Outside Leg Jump Around
_____	_____	GOSHI TSURI	Hip Lift
_____	_____	Total for this Section	_____ Total for Exam

KAESHI WAZA
Counter Techniques

_____	O GOSHI → TANI OTOSHI	Major Hip Countered with Valley Drop
_____	O UCHI SUKASHI	Major Inside Avoidance
_____	TSUBAME GAESHI	Swallow Counter
_____	KOSHI GURUMA → O GOSHI	Hip Wheel Countered with Major Hip
_____	TAWARA GAESHI	Rice Bag Counter
_____	IPPON SEOI NAGE → DEASHI HARAI	One Arm Back Carry Throw Countered 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 → SUMI GAESHI	Two Arm Back Carry Throw Countered with Corner Counter
_____	Total for this Section	_____ Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

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

RENZOKU WAZA
Continuation Combination Techniques

_____	O UCHI GARI → O SOTO GARI	
_____	KO UCHI GARI → O UCHI GARI	
_____	O UCHI GARI → KO UCHI GARI	
_____	DEASHI HARAI → IPPON SEOI NAGE	
_____	UCHI MATA → TAI OTOSHI	
_____	Total for this Section	_____ Total for Exam

三級

TAOSHI WAZA
Throw Down Techniques

_____ TANI OTOSHI → KESA GATAME
_____ O GOSHI → KUZURE KESA GATAME
_____ MOROTE SEOI NAGE → KAMI SHIHO GATAME
_____ TAWARA GAESHI → TATE SHIHO GATAME
_____ DEASHI HARAI → YOKO SHIHO GATAME

_____ Total for this Section _____ Total for Exam

HAIJI WAZA
Entry Techniques

From HANDS & KNEES TOP:

_____ Half-Nelson (Side)
_____ Gator Roll
_____ Double Belt Pull Turn Over w/ Rear Choke
_____ 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

From HANDS & KNEES BOTTOM:

_____ Cross Ankle Pull Under
_____ Seoi Rope Climb
_____ Kneeling O SOTO GARI
_____ Kneeling HARAI GOSHI

From LEGS AROUND TOP:

_____ Knee In Entry
_____ Leg Pull Under / Step Over Entry
_____ Ankle Trap / Head Under Leg Entry
_____ Cross Ankle Trap / Knee Over Leg Entry
_____ Double Belt Turn Over

From LEGS AROUND BOTTOM:

_____ Elevator
_____ UDE HISHIGI JUJI GATAME
_____ Scissor
_____ UDE HISHIGI UDE GATAME
_____ OMOTE SANKAKU JIME
_____ UDE GARAMI

_____ Total for this Section _____ Total for Exam

後輩

OSEAKOMI WAZA
Hold Down Techniques

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

_____ Total for this Section _____ Total for Exam

SHIME WAZA
Choking Techniques

_____	GYAKYU JUJI JIME	Reverse Cross Choke
_____	OKURI ERI JIME	Sliding Lapel Choke
_____	KATA JUJI JIME	Half Cross Choke
_____	KATAHA JIME	Single Edged Blade Choke
_____	KATATE JIME	Single Hand Choke
_____	RYOTE JIME	Double Hand Choke

_____ Total for this Section _____ Total for Exam

KANSETSU WAZA
Joint Locking Techniques

_____	UDE HISHIGI UDE GATAME	Arm Crush Arm Lock
_____	UDE GARAMI	Arm Entanglement
_____	UDE HISHIGI WAKI GATAME	Arm Crush Armpit Lock

_____ Total for this Section _____ Total for Exam

FUSEGI WAZA
Escaping Techniques

From KESA GATAME:

_____	Uphill / Turn-In
_____	Sit-Up
_____	Arm-Cross
_____	Head Hook

From NAMI JUJI JIME:

_____	Push Arms Up
_____	Rip Off Top Arm

From HADAKA JIME:

_____	Arm Pull Down
_____	Head Duck Under

From UDE HISHIGI JUJI GATAME:

_____	Legs To Head
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From KAMI SHIHO GATAME:

- _____ Single Roll
- _____ Double Bridge and Roll
- _____ Press Out / Legs Over Head

From TATE SHIHO GATAME:

- _____ Legs Around / Move Into Guard
- _____ Bridge and Roll

From YOKO SHIHO GATAME:

- _____ Ebe / Turn-In
- _____ Bridge and Roll
- _____ Leg Entanglement Escape

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 Nikyu.

This student: Passed
 Failed
 Recommended for Seinen Nikyu

Examiner: _____ Rank: _____

修行