

# AMERI-KAN JUDO GAKKOO

## SEINEN YONKYU

### Senior Fourth Class - Green 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

_____	GOJU WO KAZOERIMASU	Count to 50
_____	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
_____	JUDOGI WO TATAMASU	Fold a Judo Uniform
_____	HANDO-NO-KUZUSHI	Off Balancing by Reaction

\_\_\_\_\_ 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
_____	MAE MAWARI UKEMI	Front Rotation Fall
_____	JITEN UKEMI	Spinning Fall

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

*KUMITE WAZA*  
Gripping Techniques

R    L

_____	_____	AI YOTSU	Harmonious Four Gripping
_____	_____	KORYOU NIGIRI	- Standard Lapel and Sleeve (1882) Grip
_____	_____	SODEGUCHI NIGIRI	Collar Grip
_____	_____	UWAERI NIGIRI	Sleeve Cuff Grip
_____	_____	KOWAKI URA NIGIRI	High (Upper) Lapel Grip
_____	_____	KATAGOSHI URA NIGIRI	Under the Armpit Back Grip
_____	_____	Inside Snatch-Away Grip Break from Lapel Grip	Over the Shoulder Back Grip
_____	_____	Elbow Pull-Away Grip Break from Sleeve Grip	
_____	_____	Drive Through Grip Break from Collar Grip	
_____	_____	Circling Arm Break from Sleeve Grip	
_____	_____	Circling Wrist Grip Break from Sleeve Cuff 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
_____	_____	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

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

四級

*BOGYO WAZA*  
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards Body Pivoting
_____	_____	MAE TAI SABAKI	Forwards Body Pivoting
_____	_____	TE NOSU GOSHI	Hand on Hip
_____	_____	NESOVERU	Sprawl
_____	_____	UCHI ASHI TOBU	Inside Leg Jump Around
_____	_____	SOTO ASHI TOBU	Outside Leg Jump Around
		_____ Total for this Section	_____ Total for Exam

*KAESHI WAZA*  
Counter Techniques

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

*RENRAKU WAZA*  
Reaction Combination Techniques

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

*RENZOKU WAZA*  
Continuation Combination Techniques

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

*TAOSHI WAZA*  
Throw Down Techniques

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
O SOTO GARI → KESA GATAME  
TANI OTOSHI → KESA GATAME  
O GOSHI → KUZURE KESA GATAME  
MOROTE SEOI NAGE → KAMI SHIHO GATAME

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

*HAIJI WAZA*  
Entry Techniques

\_\_\_\_\_ Mat Crawls (10)

From HANDS & KNEES TOP:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Butcher "Two-handed Elbow Pull"  
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

From HANDS & KNEES BOTTOM:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Elbow Roll  
Cross Ankle Pull Under  
Seoi Rope Climb  
Kneeling O SOTO GARI

From LEGS AROUND TOP:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Sleeve Pull Around Entry  
Swinging Knee Entry  
Knee In Entry  
Leg Pull Under / Step Over Entry  
Ankle Trap / Head Under Leg Entry

From LEGS AROUND BOTTOM:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
DO JIME  
Elevator  
UDE HISHIGI JUJI GATAME  
Scissor  
UDE HISHIGI UDE GATAME

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

乱取

*OSEAKOMI WAZA*  
**Hold Down Techniques**

_____	KESA GATAME	Scarf Lock
_____	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

\_\_\_\_\_ 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
_____	GYAKYU JUJI JIME	Reverse Cross Choke
_____	OKURI ERI JIME	Sliding Lapel Choke
_____	KATA JUJI JIME	Half Cross Choke
_____	KATAHA JIME	Single Edged Blade Choke

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

*KANSETSU WAZA*  
**Joint Locking Techniques**

_____	UDE HISHIGI JUJI GATAME	Arm Crush Cross Lock
_____	UDE HISHIGI UDE GATAME	Arm Crush Arm Lock
_____	UDE GARAMI	Arm Entanglement

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

*FUSEGI WAZA*  
**Escaping Techniques**

From KESA GATAME:

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

From NAMI JUJI JIME:

_____	Push Elbows In
_____	Push Arms Up
_____	Rip Off Top Arm

From HADAKA JIME:

_____	Seoi Rope Climb
_____	Arm Pull Down
_____	Head Duck Under

From UDE HISHIGI JUJI GATAME:

\_\_\_\_\_  
\_\_\_\_\_  
Arm Pull Away  
Legs To Head

From KAMI SHIHO GATAME:

\_\_\_\_\_  
\_\_\_\_\_  
Single Roll  
Double Bridge and Roll

From TATE SHIHO GATAME:

\_\_\_\_\_  
\_\_\_\_\_  
Legs Around / Move Into Guard  
Bridge and Roll

From YOKO SHIHO GATAME:

\_\_\_\_\_  
Ebe / Turn-In

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 Sankyu.

This student:                Passed  
                                     Failed  
                                     Recommended for Seinen Sankyu

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

# 修行