

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 - Standard Lapel and Sleeve (1882) Grip
_____	_____	KORYOU NIGIRI	Collar Grip
_____	_____	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
_____	_____	Inside Snatch-Away Grip Break from Lapel 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