

NAGE WAZA
Throwing Techniques

R	L		
_____	_____	HIZA GURUMA	Knee Wheel
_____	_____	KO SOTO GARI	Minor Outside Reap
_____	_____	O TSURI GOSHI	Major Lifting Hip
_____	_____	HANE GOSHI	Springing Hip
_____	_____	SUKUI NAGE	Scooping Throw
_____	_____	SOTO MAKIKOMI	Outside Wrap Around
_____	_____	HIKIKOMI GAESHI	Draw In Counter
_____	_____	KIBISU GAESHI	Heel Counter
_____	_____	KO UCHI MAKIKOMI	Minor Inside Wrap Around
_____	_____	O SOTO GAKE	Major Outside Hook
_____	_____	YOKO OTOSHI	Side Drop
_____	_____	NIDAN KO SOTO GARI	Second Degree Minor Outside Reap
_____	_____	KO SOTO GAKE	Minor Outside Hook
_____	_____	KO TSURI GOSHI	Minor Lifting Hip
_____	_____	ASHI GURUMA	Foot Wheel
_____	_____	HARAI TSURIKOMI ASHI	Sweeping Taking In Foot
_____	_____	UCHI MAKIKOMI	Inside Wrap Around
_____	_____	UTSURI GOSHI	Switching Hip
_____	_____	O GURUMA	Major Wheel
_____	_____	USHIRO GOSHI	Backwards Hip
_____	_____	SODE TSURIKOMI GOSHI	Sleeve Taking In Hip
_____	_____	TE GURUMA	Hand Wheel
_____	_____	O SOTO MAKIKOMI	Major Outside Wrap Around
_____	_____	HARAI MAKIKOMI	Sweeping Wrap Around
_____	_____	KUCHIKI DAOSHI	Decayed Tree Push Down
_____	_____	UCHI MATA MAKIKOMI	Inner Thigh Wrap Around
_____	_____	YOKO TOMOE NAGE	Side Comma Throw
_____	_____	OBI TORI GAESHI	Belt Attack Counter
_____	_____	HANE MAKIKOMI	Springing Wrap Around
_____	_____	YOKO WAKARE	Side Separation
		_____ Total for this Section	_____ Total for Exam

BOGYO WAZA
Defense Techniques

R	L		
_____	_____	UKE TO HINERI	Block & Spin from SEOI OTOSHI
_____	_____	TSURI KOKAN	Lift Between the Legs
		_____ Total for this Section	_____ Total for Exam

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KAESHI WAZA
Counter Techniques

_____	UCHI MATA SUKASHI	Inner Thigh Avoidance
_____	KO UCHI GAESHI	Minor Inside Counter
_____	HANE GOSHI → URA NAGE	Springing Hip Countered with Back Throw
_____	HARAI GOSHI GAESHI	Sweeping Hip Counter
_____	UCHI MATA GAESHI	Inner Thigh Counter
_____	HANE GOSHI GAESHI	Springing Hip Counter
_____	KO SOTO GARI → UCHI MATA	Minor Outside Reap Countered with Inner Thigh
_____	O SOTO GARI → KO SOTO GARI	Mjr Outside Reap Countered w/ Mnr Outside Reap
_____	KOSHI GURUMA → USHIRO GOSHI	Hip Wheel Countered with Backwards Hip
_____	UKI GOSHI → UTSURI GOSHI	Floating Hip Countered with Switching Hip
_____	O SOTO SUKASHI	Major Outside Avoidance
_____	HARAI GOSHI → TE GURUMA	Sweeping Hip Countered with Hand Wheel
_____	O UCHI GAESHI	Major Inside Counter
_____	O GOSHI → TE NOSU HIZA GAESHI	Major Hip Countered with Hand on Knee Counter

_____ Total for this Section _____ Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

_____	UCHI MATA → KO UCHI GARI
_____	O UCHI GARI → UCHI MATA
_____	UCHI MATA → O SOTO GARI
_____	O SOTO GARI → SEOI OTOSHI
_____	TSURIKOMI GOSHI → O UCHI GARI
_____	O SOTO GARI → SASAE TSURIKOMI ASHI
_____	IPPON SEOI NAGE → KO UCHI MAKIKOMI
_____	O SOTO GARI → HIZA GURUMA
_____	SASAE TSURIKOMI ASHI → DEASHI HARAI
_____	O SOTO GARI → UCHI MATA
_____	SASAE TSURIKOMI ASHI → O SOTO GARI
_____	HIZA GURUMA → O SOTO GARI
_____	IPPON SEOI NAGE → SUKUI NAGE
_____	O SOTO GARI → YOKO WAKARE
_____	TAI OTOSHI → YOKO TOMOE NAGE

_____ Total for this Section _____ Total for Exam

RENZOKU WAZA
Continuation Combination Techniques

_____	TAI OTOSHI → UCHI MATA
_____	IPPON SEOI NAGE → SEOI OTOSHI
_____	HARAI GOSHI → SOTO MAKIKOMI
_____	HANE GOSHI → HARAI GOSHI
_____	O SOTO GARI → NIDAN KOSOTO GARI
_____	IPPON SEOI NAGE → UCHI MAKIKOMI

_____ Total for this Section _____ Total for Exam

OSEAKOMI WAZA
Hold Down Techniques

_____	KUZURE YOKO SHIHO GATAME	Modified Side Four Corners Lock
_____	MAKURA KESA GATAME	Pillow Scarf Lock
_____	MUNE GATAME	Chest Lock
_____	UKI GATAME	Floating Lock
_____	URA GATAME	Back Lock
_____	Total for this Section	_____ Total for Exam

SHIME WAZA
Choking Techniques

_____	TSUKKOMI JIME	Thrust Choke
_____	SODE GURUMA JIME	Sleeve Wheel Choke
_____	Total for this Section	_____ Total for Exam

KANSETSU WAZA
Joint Locking Techniques

_____	UDE HISHIGI HIZA GATAME	Arm Crush Knee Lock
_____	ASHI GARAMI	Leg Entanglement
_____	UDE HISHIGI HARA GATAME	Arm Crush Stomach Lock
_____	UDE HISHIGI TE GATAME	Arm Crush Hand Lock
_____	UDE HISHIGI ASHI GATAME	Arm Crush Leg Lock
_____	Total for this Section	_____ Total for Exam

FUSEGI WAZA
Escaping Techniques

	From YOKO SHIHO GATAME:	
_____	KATATE KATAASHI JIME	
_____	OMOTE SANKAKU JIME	
_____	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 Nidan.

This student: Passed
 Failed
 Recommended for Nidan

Examiner: _____ Rank: _____