

AMERI-KAN JUDO GAKKOO *SHONEN IKKYU*

Junior First Class - Purple Belt w/ Black Stripe



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

_____	GOHYAKYU WO KAZOERIMASU	Count to 500
_____	HANDO-NO-KUZUSHI	Off Balancing by Reaction
_____	TSUGI ASHI	Follow Foot Walking
_____	KYOSHI	High Kneel

_____ Total for this Section _____ Total for Exam

UKEMI WAZA

Falling Techniques

R	L		
_____	_____	JITEN UKEMI	Spinning Fall
_____	_____	USHIRO MAWARI UKEMI	Backwards Rotation Fall

_____ Total for this Section _____ Total for Exam

KUMITE WAZA

Gripping Techniques

R	L		
_____	_____	KOWAKI URA NIGIRI	Under the Armpit Back Grip
_____	_____	KATAGOSHI URA NIGIRI	Over the Shoulder Back Grip
_____	_____	JUJI ERI NIGIRI	Cross Lapel Grip
_____	_____	JUJI URA NIGIRI	Cross Back Grip

_____ Circling Wrist Grip Break from Sleeve Cuff Grip
 _____ Push Down Grip Break from High Lapel Grip
 _____ Outside Snatch-Away Grip Break from Lapel Grip

_____ Total for this Section _____ Total for Exam

NAGE WAZA Throwing Techniques

R	L		
_____	_____	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
_____	_____	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

_____ Total for this Section _____ Total for Exam

BOGYO WAZA Defense Techniques

R	L		
_____	_____	UCHI ASHI TOBU	Inside Leg Jump Around
_____	_____	SOTO ASHI TOBU	Outside Leg Jump Around
_____	_____	GOSHI TSURI	Hip Lift
_____	_____	UKE TO HINERI	Block & Spin from SEOI OTOSHI

_____ Total for this Section _____ Total for Exam

KAESHI WAZA
Counter Techniques

_____	KOSHI GURUMA → O GOSHI	Hip Wheel Countered with Major Hip
_____	TAWARA GAESHI	Rice Bag Counter
_____	IPPON SEOI NAGE →	One Arm Back Carry Throw Countered
	DEASHI HARAI	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 →	Two Arm Back Carry Throw Countered
	SUMI GAESHI	with Corner Counter
_____	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
_____	Total for this Section	_____ Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

_____	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	
_____	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	
_____	Total for this Section	_____ Total for Exam

RENZOKU WAZA
Continuation Combination Techniques

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

一級

TAOSHI WAZA
Throw Down Techniques

MOROTE SEOI NAGE → KAMI SHIHO GATAME
TAWARA GAESHI → TATE SHIHO GATAME
DEASHI HARAI → YOKO SHIHO GATAME
UKI GOSHI → KATA GATAME

_____ Total for this Section _____ Total for Exam

HAIJI WAZA
Entry Techniques

From HANDS & KNEES TOP:

Half-Nelson (Front)
KATA TATE ASHI JIME
Double Lapel Turn Over
Cross Face Turn Over
Guillotine Choke (Upside Down HADAKA JIME)
KATA TATE HIJI JIME (Cross Bow Choke)
YOKO SANKAKU JIME
Donikov Roll
KATA TATE HIZA JIME

From HANDS & KNEES BOTTOM:

Kneeling O SOTO GARI
Kneeling HARAI GOSHI
Kneeling UKI WAZA
USHIRO RYOTE JIME (Baseball Choke)

From LEGS AROUND TOP:

Leg Pull Under / Step Over Entry
Ankle Trap / Head Under Leg Entry
Cross Ankle Trap / Knee Over Leg Entry
Somersault Entry
Double Belt Turn Over
KATATE JIME

From LEGS AROUND BOTTOM:

Scissor
OMOTE SANKAKU JIME
KATAGOSHI URA NIGIRI KATA JUJI JIME
SUMI GAESHI

_____ Total for this Section _____ Total for Exam

残心

OSEAKOMI WAZA
Hold Down Techniques

_____	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
_____	KUZURE YOKO SHIHO GATAME	Modified Side Four Corners Lock
_____	MAKURA KESA GATAME	Pillow Scarf Lock
_____	Total for this Section	_____ Total for Exam

SHIME WAZA
Choking Techniques

_____	KATA JUJI JIME	Half Cross Choke
_____	KATAHA JIME	Single Edged Blade Choke
_____	KATATE JIME	Single Hand Choke
_____	RYOTE JIME	Double Hand Choke
_____	TSUKKOMI JIME	Thrust Choke
_____	SODE GURUMA JIME	Sleeve Wheel Choke
_____	Total for this Section	_____ Total for Exam

FUSEGI WAZA
Escaping Techniques

_____	From KESA GATAME:
_____	Arm-Cross
_____	Head Hook
_____	From NAMI JUJI JIME:
_____	Rip Off Top Arm
_____	From HADAKA JIME:
_____	Head Duck Under
_____	From KAMI SHIHO GATAME:
_____	Double Bridge and Roll
_____	Press Out / Legs Over Head
_____	From TATE SHIHO GATAME:
_____	Bridge and Roll

精力善用

From YOKO SHIHO GATAME:

Ebe / Turn-In
Bridge and Roll
Leg Entanglement Escape
KATATE KATAASHI JIME
OMOTE SANKAKU JIME

From KATA GATAME:

Backwards Extension

_____ Total for this Section _____ Total for Exam

Total number of points: _____

Total number of points required for passing score 480.

If the student receives a score above 680 AND the examiner feels they are competent enough for the next level he/she may be recommended for Seinen Ikkyu.

This student: Passed
 Failed
 Recommended for Seinen Ikkyu

Examiner: _____ Rank: _____

修行