

# AMERI-KAN JUDO GAKKOO SHONEN JUKYU

## Junior Tenth Class - Yellow 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

_____	JU WO KAZOERIMASU	Count to 10
_____	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

\_\_\_\_\_ 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

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

# 十級

*KUMITE WAZA*  
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping - Standard Lapel and Sleeve (1882) Grip
_____		Inside Snatch-Away Grip Break from Lapel 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
_____		Total for this Section	_____ Total for Exam

*BOGYO WAZA*  
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards Body Pivoting
_____		Total for this Section	_____ Total for Exam

*KAESHI WAZA*  
Counter Techniques

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

*TAOSHI WAZA*  
Throw Down Techniques

_____		O SOTO GARI → KESA GATAME	
_____		Total for this Section	_____ Total for Exam

*HAIRI WAZA*  
Entry Techniques

_____		From HANDS & KNEES TOP: Butcher "Two-handed Elbow Pull"	
_____		From LEGS AROUND TOP: Sleeve Pull Around Entry	
_____		Total for this Section	_____ Total for Exam

*OSEAKOMI WAZA*  
Hold Down Techniques

\_\_\_\_\_ KESA GATAME \_\_\_\_\_ Scarf Lock

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

*FUSEGI WAZA*  
Escaping Techniques

\_\_\_\_\_ From KESA GATAME:  
Bridge and Roll

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

Total number of points: \_\_\_\_\_

Total number of points required for passing score 84.

If the student receives a score above 119 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shonen Kukyu.

This student:       Passed  
                          Failed  
                          Recommended for Shonen Kukyu

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

修行