

# AMERI-KAN JUDO GAKKOO

## SHONEN KUKYU

### Junior Ninth Class - Yellow 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

|       |                          |  |
|-------|--------------------------|--|
| _____ | 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                         |
| _____ | 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      |

\_\_\_\_\_ 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

*KUMITE WAZA*  
Gripping Techniques

| R     | L     |   |   |
|-------|-------|---|---|
| _____ | _____ | AI YOTSU                                      | Harmonious Four Gripping<br>- Standard Lapel and Sleeve (1882) Grip |
| _____ | _____ | KORYOU NIGIRI                                 | Collar Grip   |
| _____ | _____ | Inside Snatch-Away Grip Break from Lapel Grip |   |
| _____ | _____ | Elbow Pull-Away Grip Break from Sleeve 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              |
| _____ | _____ | Total for this Section | Total for Exam           |

*BOGYO WAZA*  
Defense Techniques

| R     | L     |                        |                         |
|-------|-------|------------------------|-------------------------|
| _____ | _____ | USHIRO TAI SABAKI      | Backwards Body Pivoting |
| _____ | _____ | MAE TAI SABAKI         | Forwards 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        |

*RENRAKU WAZA*  
Reaction Combination Techniques

|       |       |                               |                |
|-------|-------|-------------------------------|----------------|
| _____ | _____ | IPPON SEOI NAGE → O SOTO GARI |                |
| _____ | _____ | Total for this Section        | Total for Exam |

九級

*RENZOKU WAZA*  
Continuation Combination Techniques

\_\_\_\_\_ O SOTO GARI → O UCHI GARI  
\_\_\_\_\_ 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

\_\_\_\_\_ Mat Crawls (10)  
From HANDS & KNEES TOP:  
\_\_\_\_\_ Butcher "Two-handed Elbow Pull"  
From HANDS & KNEES BOTTOM:  
\_\_\_\_\_ Elbow Roll  
From LEGS AROUND TOP:  
\_\_\_\_\_ Sleeve Pull Around Entry  
\_\_\_\_\_ Swinging Knee Entry  
From LEGS AROUND BOTTOM:  
\_\_\_\_\_ DO JIME  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*OSEAKOMI WAZA*  
Hold Down Techniques

\_\_\_\_\_ KESA GATAME      Scarf 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  
\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*FUSEGI WAZA*  
Escaping Techniques

From KESA GATAME:  
Bridge and Roll

\_\_\_\_\_

From NAMI JUJI JIME:  
Push Elbows In

\_\_\_\_\_

From HADAKA JIME:  
Seoi Rope Climb

\_\_\_\_\_

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

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

Total number of points required for passing score 165.

If the student receives a score above 234 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shonen Hachikyu.

This student:       Passed  
                          Failed  
                          Recommended for Shonen Hachikyu

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

修行