

AMERI-KAN JUDO GAKKOO

SHONEN NIKYU

Junior Second Class - Purple 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

_____	SANBYAKYU WO KAZOERIMASU	Count to 300
_____	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		
_____	_____	UWAERI NIGIRI	High (Upper) Lapel Grip
_____	_____	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 Arm Grip Break from Sleeve 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	
_____	_____	HARAI GOSHI
_____	_____	MOROTE SEOI NAGE
_____	_____	TOMOE NAGE
_____	_____	UCHI MATA
_____	_____	OKURI ASHI HARAI
_____	_____	UKI GOSHI
_____	_____	DAKIAGE
_____	_____	SUMI GAESHI
_____	_____	O SOTO OTOSHI
_____	_____	YAMA ARASHI
_____	_____	O SOTO GURUMA
_____	_____	KATA GURUMA
_____	_____	UKI WAZA
_____	_____	SEOI OTOSHI
_____	_____	YOKO GURUMA
_____	_____	UKI OTOSHI
_____	_____	YOKO GAKE
_____	_____	URA NAGE
_____	_____	SASAE TSURIKOMI ASHI
_____	_____	TSURIKOMI GOSHI
_____	_____	HIZA GURUMA
_____	_____	KO SOTO GARI
_____	_____	O TSURI GOSHI
_____	_____	HANE GOSHI
_____	_____	SUKUI NAGE
_____	_____	Sweeping Hip
_____	_____	Two Hand Back Carry Throw
_____	_____	Comma Throw
_____	_____	Inside Thigh
_____	_____	Sliding Foot Sweep
_____	_____	Floating Hip
_____	_____	Hold up in Arms
_____	_____	Corner Reversal
_____	_____	Major Outside Drop
_____	_____	Mountain Storm
_____	_____	Major Outside Wheel
_____	_____	Shoulder Wheel
_____	_____	Floating Technique
_____	_____	Back Carry Drop
_____	_____	Side Wheel
_____	_____	Floating Drop
_____	_____	Side Dash
_____	_____	Back Throw
_____	_____	Prop Taking In Foot
_____	_____	Taking In Hip
_____	_____	Knee Wheel
_____	_____	Minor Outside Reap
_____	_____	Major Lifting Hip
_____	_____	Springing Hip
_____	_____	Scooping Throw

_____ Total for this Section _____ Total for Exam

BOGYO WAZA

Defense Techniques

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

_____ Total for this Section _____ Total for Exam

KAESHI WAZA
Counter Techniques

_____	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 →	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
_____	Total for this Section	_____ Total for Exam

RENRAKU WAZA
Reaction Combination Techniques

_____	KO UCHI GARI → IPPON SEOI NAGE	
_____	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	
_____	Total for this Section	_____ Total for Exam

RENZOKU WAZA
Continuation Combination Techniques

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

TAOSHI WAZA
Throw Down Techniques

_____	O GOSHI → KUZURE KESA GATAME	
_____	MOROTE SEOI NAGE → KAMI SHIHO GATAME	
_____	TAWARA GAESHI → TATE SHIHO GATAME	
_____	DEASHI HARAI → YOKO SHIHO GATAME	
_____	Total for this Section	_____ Total for Exam

HAIRI WAZA
Entry Techniques

From HANDS & KNEES TOP:

- _____ Gator Roll
- _____ Double Belt Pull Turn Over w/ Rear Choke
- _____ 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

From HANDS & KNEES BOTTOM:

- _____ Seoi Rope Climb
- _____ Kneeling O SOTO GARI
- _____ Kneeling HARAI GOSHI
- _____ Kneeling UKI WAZA

From LEGS AROUND TOP:

- _____ Knee In Entry
- _____ 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

From LEGS AROUND BOTTOM:

- _____ Elevator
- _____ Scissor
- _____ OMOTE SANKAKU JIME
- _____ KATAGOSHI URA NIGIRI KATA JUJI JIME

_____ Total for this Section _____ Total for Exam

OSEAKOMI WAZA
Hold Down Techniques

- | | |
|--------------------------------|----------------------------------|
| _____ TATE SHIHO GATAME | Vertical Four Corners Lock |
| _____ 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 |

_____ Total for this Section _____ Total for Exam

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SHIME WAZA
Choking Techniques

_____	OKURI ERI JIME	Sliding Lapel Choke
_____	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
_____	Total for this Section	_____ Total for Exam

FUSEGI WAZA
Escaping Techniques

_____	From KESA GATAME:
_____	Sit-Up
_____	Arm-Cross
_____	Head Hook
_____	From NAMI JUJI JIME:
_____	Push Arms Up
_____	Rip Off Top Arm
_____	From HADAKA JIME:
_____	Arm Pull Down
_____	Head Duck Under
_____	From KAMI SHIHO GATAME:
_____	Double Bridge and Roll
_____	Press Out / Legs Over Head
_____	From TATE SHIHO GATAME:
_____	Legs Around / Move Into Guard
_____	Bridge and Roll

精力善用

From YOKO SHIHO GATAME:

____ Ebe / Turn-In
____ Bridge and Roll
____ Leg Entanglement Escape
____ KATATE KATAASHI 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 Shonen Ikkyu.

This student: Passed
 Failed
 Recommended for Shonen Ikkyu

Examiner: _____ Rank: _____

修行