

# AMERI-KAN JUDO GAKKOO

## SHONEN ROKYU

### Junior Sixth Class - Green 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

_____	SANJU WO KAZOERIMASU	Count to 30
_____	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
_____	JUDOGI WO TATAMASU	Fold a Judo Uniform
_____	HANDO-NO-KUZUSHI	Off Balancing by Reaction

\_\_\_\_\_ 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
_____	MAE MAWARI UKEMI	Front Rotation Fall

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

*KUMITE WAZA*  
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping
_____	_____	KORYOU NIGIRI	- Standard Lapel and Sleeve (1882) Grip
_____	_____	SODEGUCHI NIGIRI	Collar Grip
_____	_____	UWAERI NIGIRI	Sleeve Cuff Grip
_____	_____	KOWAKI URA NIGIRI	High (Upper) Lapel Grip
_____	_____	Inside Snatch-Away Grip Break from Lapel Grip	Under the Armpit Back Grip
_____	_____	Elbow Pull-Away Grip Break from Sleeve Grip	
_____	_____	Drive Through Grip Break from Collar Grip	
_____	_____	Circling Arm Break from Sleeve Grip	
_____	_____	Circling Wrist Grip Break from Sleeve Cuff 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
_____	_____	DEASHI HARAI	Advanced Foot Sweep
_____	_____	KO UCHI GARI	Minor Inside Reap
_____	_____	MOROTE GARI	Two Hand Reap
_____	_____	KOSHI GURUMA	Hip Wheel
_____	_____	HARAI GOSHI	Sweeping Hip
_____	_____	MOROTE SEOI NAGE	Two Hand Back Carry Throw
_____	_____	TOMOE NAGE	Comma Throw
_____	_____	UCHI MATA	Inside Thigh
_____	_____	OKURI ASHI HARAI	Sliding Foot Sweep
_____	_____	UKI GOSHI	Floating Hip
_____	_____	DAKIAGE	Hold up in Arms
_____	_____	Total for this Section	Total for Exam

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*BOGYO WAZA*  
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards Body Pivoting
_____	_____	MAE TAI SABAKI	Forwards Body Pivoting
_____	_____	TE NOSU GOSHI	Hand on Hip
_____	_____	NESOBERU	Sprawl
_____	_____	UCHI ASHI TOBU	Inside Leg Jump Around
_____	_____	Total for this Section	Total for Exam

*KAESHI WAZA*  
Counter Techniques

_____	O SOTO GAESHI	Major Outside Counter
_____	O GOSHI → TANI OTOSHI	Major Hip Countered with Valley Drop
_____	O UCHI SUKASHI	Major Inside Avoidance
_____	TSUBAME GAESHI	Swallow Counter
_____	KOSHI GURUMA → O GOSHI	Hip Wheel Countered with Major Hip
_____	Total for this Section	Total for Exam

*RENRAKU WAZA*  
Reaction Combination Techniques

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

*RENZOKU WAZA*  
Continuation Combination Techniques

_____	O SOTO GARI → O UCHI GARI	
_____	O UCHI GARI → O SOTO GARI	
_____	KO UCHI GARI → O UCHI GARI	
_____	O UCHI GARI → KO UCHI GARI	
_____	Total for this Section	Total for Exam

*TAOSHI WAZA*  
Throw Down Techniques

_____	O SOTO GARI → KESA GATAME	
_____	TANI OTOSHI → KESA GATAME	
_____	O GOSHI → KUZURE KESA GATAME	
_____	MOROTE SEOI NAGE → KAMI SHIHO GATAME	
_____	Total for this Section	Total for Exam

*HAIRI WAZA*  
Entry Techniques

\_\_\_\_\_

Mat Crawls (10)

From HANDS & KNEES TOP:

\_\_\_\_\_

Butcher "Two-handed Elbow Pull"

\_\_\_\_\_

Half-Nelson (Side)

\_\_\_\_\_

Gator Roll

\_\_\_\_\_

Double Belt Pull Turn Over w/ Rear Choke

\_\_\_\_\_

Half-Nelson (Front)

From HANDS & KNEES BOTTOM:

\_\_\_\_\_

Elbow Roll

\_\_\_\_\_

Cross Ankle Pull Under

\_\_\_\_\_

Seoi Rope Climb

\_\_\_\_\_

Kneeling O SOTO GARI

From LEGS AROUND TOP:

\_\_\_\_\_

Sleeve Pull Around Entry

\_\_\_\_\_

Swinging Knee Entry

\_\_\_\_\_

Knee In Entry

\_\_\_\_\_

Leg Pull Under / Step Over Entry

From LEGS AROUND BOTTOM:

\_\_\_\_\_

DO JIME

\_\_\_\_\_

Elevator

\_\_\_\_\_

Scissor

\_\_\_\_\_

Total for this Section

\_\_\_\_\_

Total for Exam

*OSEAKOMI WAZA*  
Hold Down Techniques

\_\_\_\_\_

KESA GATAME

Scarf Lock

\_\_\_\_\_

KUZURE KESA GATAME

Modified Scarf Lock

\_\_\_\_\_

KAMI SHIHO GATAME

Upper Four Corners Lock

\_\_\_\_\_

TATE SHIHO GATAME

Vertical Four Corners Lock

\_\_\_\_\_

YOKO SHIHO GATAME

Side Four Corners 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

\_\_\_\_\_

GYAKYU JUJI JIME

Reverse Cross Choke

\_\_\_\_\_

OKURI ERI JIME

Sliding Lapel Choke

\_\_\_\_\_

KATA JUJI JIME

Half Cross Choke

\_\_\_\_\_

Total for this Section

\_\_\_\_\_

Total for Exam

*FUSEGI WAZA*  
Escaping Techniques

From KESA GATAME:

- \_\_\_\_\_ Bridge and Roll
- \_\_\_\_\_ Uphill / Turn-In
- \_\_\_\_\_ Sit-Up
- \_\_\_\_\_ Arm-Cross

From NAMI JUJI JIME:

- \_\_\_\_\_ Push Elbows In
- \_\_\_\_\_ Push Arms Up
- \_\_\_\_\_ Rip Off Top Arm

From HADAKA JIME:

- \_\_\_\_\_ Seoi Rope Climb
- \_\_\_\_\_ Arm Pull Down

From KAMI SHIHO GATAME:

- \_\_\_\_\_ Single Roll
- \_\_\_\_\_ Double Bridge and Roll

From TATE SHIHO GATAME:

- \_\_\_\_\_ Legs Around / Move Into Guard

From YOKO SHIHO GATAME:

- \_\_\_\_\_ Ebe / Turn-In

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

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

Total number of points required for passing score 405.

If the student receives a score above 574 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shonen Gokyu.

This student:       Passed  
                          Failed  
                          Recommended for Shonen Gokyu

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

修行