

# AMERI-KAN JUDO GAKKOO *SHONEN SANKYU*

## Junior Third Class - Blue 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

|       |                       |                           |
|-------|-----------------------|---------------------------|
| _____ | HYAKYU WO KAZOERIMASU | Count to 100              |
| _____ | JUDOGI WO TATAMASU    | Fold a Judo Uniform       |
| _____ | HANDO-NO-KUZUSHI      | Off Balancing by Reaction |
| _____ | TSUGI ASHI            | Follow Foot Walking       |

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

#### *UKEMI WAZA*

#### Falling Techniques

| R     | L     |                     |                        |
|-------|-------|---------------------|------------------------|
| _____ | _____ | MAE MAWARI UKEMI    | Front Rotation Fall    |
| _____ | _____ | JITEN UKEMI         | Spinning Fall          |
| _____ | _____ | USHIRO MAWARI UKEMI | Backward Rotation Fall |

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

# 道場

*KUMITE WAZA*  
Gripping Techniques

R    L

|       |   |                             |
|-------|---|-----------------------------|
| _____ | SODEGUCHI NIGIRI                                | Sleeve Cuff Grip            |
| _____ | 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            |
| _____ | Drive Through Grip Break from Collar Grip       |                             |
| _____ | Circling Arm Break from Sleeve Grip             |                             |
| _____ | Circling Wrist Grip Break from Sleeve Cuff Grip |                             |
| _____ | Push Down Grip Break from High Lapel Grip       |                             |

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

*NAGE WAZA*  
Throwing Techniques

R    L

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

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

三級

*BOGYO WAZA*  
Defense Techniques

| R     | L     |                        |                         |
|-------|-------|------------------------|-------------------------|
| _____ | _____ | TE NOSU GOSHI          | Hand on Hip             |
| _____ | _____ | NESOBERU               | Sprawl                  |
| _____ | _____ | UCHI ASHI TOBU         | Inside Leg Jump Around  |
| _____ | _____ | SOTO ASHI TOBU         | Outside Leg Jump Around |
| _____ | _____ | GOSHI TSURI            | Hip Lift                |
| _____ |       | Total for this Section | Total for Exam          |

*KAESHI WAZA*  
Counter Techniques

|       |       |                                   |  |
|-------|-------|-----------------------------------|--|
| _____ | _____ | 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                             |
| _____ | _____ | TAWARA GAESHI                     | Rice Bag Counter   |
| _____ | _____ | IPPON SEOI NAGE →<br>DEASHI HARAI | One Arm Back Carry Throw Countered<br>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 →<br>SUMI GAESHI | Two Arm Back Carry Throw Countered<br>with Corner Counter      |
| _____ |       | Total for this Section            | Total for Exam   |

*RENRAKU WAZA*  
Reaction Combination Techniques

|       |       |                                |                |
|-------|-------|--------------------------------|----------------|
| _____ | _____ | O UCHI GARI → TAI OTOSHI       |                |
| _____ | _____ | 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      |                |
| _____ |       | Total for this Section         | Total for Exam |

*RENZOKU WAZA*  
Continuation Combination Techniques

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

*TAOSHI WAZA*  
**Throw Down Techniques**

\_\_\_\_\_ TANI OTOSHI → KESA GATAME  
\_\_\_\_\_ 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

*HAIJI WAZA*  
**Entry Techniques**

**From HANDS & KNEES TOP:**

\_\_\_\_\_ Half-Nelson (Side)  
\_\_\_\_\_ 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)

**From HANDS & KNEES BOTTOM:**

\_\_\_\_\_ Cross Ankle Pull Under  
\_\_\_\_\_ Seoi Rope Climb  
\_\_\_\_\_ Kneeling O SOTO GARI  
\_\_\_\_\_ Kneeling HARAI GOSHI

**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  
\_\_\_\_\_ Double Belt Turn Over

**From LEGS AROUND BOTTOM:**

\_\_\_\_\_ Elevator  
\_\_\_\_\_ Scissor  
\_\_\_\_\_ OMOTE SANKAKU JIME

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

*OSEAKOMI WAZA*  
**Hold Down Techniques**

|       |                          |                                  |
|-------|--------------------------|----------------------------------|
| _____ | 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           |
| _____ | KATA GATAME              | Shoulder Lock                    |
| _____ | KUZURE KAMI SHIHO GATAME | Modified Upper Four Corners Lock |
| _____ | USHIRO KESA GATAME       | Backwards Scarf Lock             |

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

*SHIME WAZA*  
**Choking Techniques**

|       |                  |                          |
|-------|------------------|--------------------------|
| _____ | GYAKYU JUJI JIME | Reverse Cross Choke      |
| _____ | 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        |

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

*FUSEGI WAZA*  
**Escaping Techniques**

**From KESA GATAME:**

|       |                  |
|-------|------------------|
| _____ | Uphill / Turn-In |
| _____ | 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:**

|       |                            |
|-------|----------------------------|
| _____ | Single Roll                |
| _____ | Double Bridge and Roll     |
| _____ | Press Out / Legs Over Head |

**From TATE SHIHO GATAME:**

|       |                               |
|-------|-------------------------------|
| _____ | Legs Around / Move Into Guard |
| _____ | Bridge and Roll               |

From YOKO SHIHO GATAME:

\_\_\_\_ Ebe / Turn-In  
\_\_\_\_ Bridge and Roll  
\_\_\_\_ Leg Entanglement Escape

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 Nikyu.

This student:       Passed  
                          Failed  
                          Recommended for Shonen Nikyu

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

# 修行