

AMERI-KAN JUDO GAKKOO

SHONEN YONKYU

Junior Fourth Class - Blue 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

_____	HACHIJU WO KAZOERIMASU	Count to 80
_____	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 JUDOGI WO	Eight Directions of Off Balancing
_____	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

_____ Total for this Section _____ Total for Exam

KUMITE WAZA
Gripping Techniques

R L

_____	KORYOU NIGIRI	Collar Grip
_____	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
_____	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	
_____	Push Down Grip Break from High Lapel Grip	

_____ Total for this Section _____ Total for Exam

NAGE WAZA
Throwing Techniques

R L

_____	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
_____	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

_____ Total for this Section _____ Total for Exam

四級

BOGYO WAZA
Defense Techniques

R	L		
_____	_____	MAE TAI SABAKI	Forwards Body Pivoting
_____	_____	TE NOSU GOSHI	Hand on Hip
_____	_____	NESOVERU	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 → DEASHI HARAI	One Arm Back Carry Throw Countered with Advanced Foot Sweep
_____	_____	KO UCHI SUKASHI	Minor Inside Avoidance
_____	_____	UCHI MATA → TAI OTOSHI	Inner Thigh Countered with Body Drop
_____		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	
_____	_____	TAI OTOSHI → O UCHI GARI	
_____	_____	TAI OTOSHI → KO UCHI GARI	
_____	_____	KO UCHI GARI → UCHI MATA	
_____	_____	UCHI MATA → O UCHI GARI	
_____		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	
_____	_____	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

_____ Total for this Section _____ Total for Exam

HAIJI WAZA
Entry Techniques

_____ Mat Crawls (10)

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

From HANDS & KNEES BOTTOM:

_____ Elbow Roll
_____ Cross Ankle Pull Under
_____ Seoi Rope Climb
_____ Kneeling O SOTO GARI

From LEGS AROUND TOP:

_____ Swinging Knee Entry
_____ Knee In Entry
_____ Leg Pull Under / Step Over Entry
_____ Ankle Trap / Head Under Leg Entry
_____ Cross Ankle Trap / Knee Over Leg Entry

From LEGS AROUND BOTTOM:

_____ DO JIME
_____ Elevator
_____ Scissor
_____ OMOTE SANKAKU JIME

_____ Total for this Section _____ Total for Exam

気合い

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
_____	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
_____	KATAHA JIME	Single Edged Blade Choke
_____	KATATE JIME	Single 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 Elbows In	
_____	Push Arms Up	
_____	Rip Off Top Arm	
_____	From HADAKA JIME:	
_____	Seoi Rope Climb	
_____	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

From KATA GATAME:

_____ Backwards Extension

_____ Total for this Section _____ Total for Exam

Total number of points: _____

Total number of points required for passing score 483.

If the student receives a score above 684 AND the examiner feels they are competent enough for the next level he/she may be recommended for Shonen Sankyu.

This student: Passed
 Failed
 Recommended for Shonen Sankyu

Examiner: _____ Rank: _____

修行