

AMERI-KAN JUDO GAKKOO YONEN IKKYU



Lil' Dragon First Class - Brown 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

_____ Total for this Section _____ Total for Exam

UKEMI WAZA

Falling Techniques

_____	MAE UKEMI	Front Fall
_____	USHIRO UKEMI	Back Fall
R L	YOKO UKEMI	Side Fall

_____ Total for this Section _____ Total for Exam

柔道

KUMITE WAZA
Gripping Techniques

R	L		
_____	_____	AI YOTSU	Harmonious Four Gripping
_____		Snatch-Away Grip Break from Lapel Grip	- Standard Lapel and Sleeve (1882) 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
_____		Total for this Section	_____ Total for Exam

BOGYO WAZA
Defense Techniques

R	L		
_____	_____	USHIRO TAI SABAKI	Backwards 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

TAOSHI WAZA
Throw Down Techniques

_____		O SOTO GARI → KESA GATAME	
_____		Total for this Section	_____ Total for Exam

HAIRI WAZA
Entry Techniques

		From HANDS & KNEES TOP:	
_____		Butcher "Two-handed Elbow Pull"	
_____		Total for this Section	_____ Total for Exam

