

# AMERI-KAN JUDO GAKKOO

## YONEN SANKYU

### Lil' Dragon Third Class - Blue 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

_____	GO WO KAZOERIMASU	Count to 5
_____	ZA REI	Kneeling Bow
_____	RITSU REI	Standing Bow
_____	SEIZA	Sitting on Knees
_____	ANZA	Sitting Cross-Legged
_____	OBI WO SHIMERIMASU	Tie a belt

\_\_\_\_\_ 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

#### *KUMITE WAZA*

#### Gripping Techniques

R    L	AI YOTSU	Harmonious Four Gripping - Standard Lapel and Sleeve (1882) Grip
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\_\_\_\_\_ Total for this Section      \_\_\_\_\_ Total for Exam

*NAGE WAZA*  
Throwing Techniques

R L  
\_\_\_\_\_  
\_\_\_\_\_  
O SOTO GARI Major Outside Reap  
O GOSHI Major Hip  
\_\_\_\_\_ 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

*OSEAKOMI WAZA*  
Hold Down Techniques

\_\_\_\_\_  
\_\_\_\_\_  
KESA GATAME Scarf Lock  
\_\_\_\_\_ Total for this Section \_\_\_\_\_ Total for Exam

修行

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

Total number of points required for passing score 63.

If the student receives a score above 89 AND the examiner feels they are competent enough for the next level he/she may be recommended for Yonen Nikyu.

This student:  Passed  
 Failed  
 Recommended for Yonen Nikyu

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