

AMERI-KAN JUDO GAKKOO

YONEN SHICHIKYU

Lil' Dragon Seventh Class - Yellow 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
_____	Total for this Section	_____ Total for Exam

KUMITE WAZA

Gripping Techniques

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

NAGE WAZA

Throwing Techniques

R	L		
_____	_____	O SOTO GARI	Major Outside Reap
_____	_____	Total for this Section	_____ Total for Exam



Total number of points: _____

Total number of points required for passing score 21.

If the student receives a score above 30 AND the examiner feels they are competent enough for the next level he/she may be recommended for Yonen Rokyu.

This student: Passed
 Failed
 Recommended for Yonen Rokyu

Examiner: _____ Rank: _____