

AMERI-KAN JUDO GAKKOO

YONEN YONKYU

Lil' Dragon Fourth Class - Green 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

_____ 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

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 54.

If the student receives a score above 77 AND the examiner feels they are competent enough for the next level he/she may be recommended for Yonen Sankyu.

This student: Passed
 Failed
 Recommended for Yonen Sankyu

Examiner: _____ Rank: _____