

# SHODAN (BLACK BELT) MIN AGE 14 YRS OLD

192 CLASSES OR 2+ YEAR FROM LAST PROMOTION

STUDENT: \_\_\_\_\_

	EXCELLENT (10) 260 PTS	GOOD (8)	FAIR (7)	POOR (0)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
REI (BOW)				
HAJIME (START)				
MATE (STOP)				
MIGI (RIGHT)				
HIDARI (LEFT)				
O (MAJOR)				
KO (MINOR)				
SOTO (OUTER)				
UCHI (INNER)				
GOSHI (HIP)				
ASHI (FOOT)				
HIZA (KNEE)				
NAGE (THROW)				
WAZA (TECHNIQUE)				
RANDORI (FREE PRACTICE)				
SHIAI (CONTEST)				
KIYOSUKE (ATTENTION)				
MOKUSO (SILENT/STILL OR MEDITATION)				
TAI-SABAKI (BODY MOVEMENT)				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
KUMI-KATA (GRIPPING)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FITTING), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)				
UKEMI DEFINE				
UKEMI (BREAK FALL)				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHI WAZA DEFINE				
TACHI WAZA (STANDING TECHNIQUE)				
O-SOTO GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>IPPON SEIO-NAGE (ONE ARM SHOULDER THROW)</b>				
<b>UKI-GOSHI (FLOATING HIP THROW)</b>				
<b>O-GOSHI (MAJOR HIP THROW)</b>				
<b>O-UCHI-GARI (MAJOR INNER REAPING)</b>				
<b>SASAE TSURIKOMI ASHI (ANKLE PROPPING)</b>				
<b>HIZA GURUMA (KNEE WHEEL)</b>				
<b>MOROTE SEOI- NAGE (TWO HANDED SHOULDER THROW)</b>				
<b>TAI-OTOSHI (BODY DROP)</b>				
<b>KOSHI-GURUMA (HIP CIRCLE)</b>				
<b>KOUCHI-GARI (MINOR INNER REAPING)</b>				
<b>TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)</b>				
<b>HARAI GOSHI (SWEEPING HIP THROW)</b>				
<b>KOSTO GARI (MINOR OUTER REAPING)</b>				
<b>OKURI ASHI HARAI (SLIDING FOOT SWEEP)</b>				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)				
UCHI MATA (INNER THIGH THROW)				
TOMOE-NAGE (HIGH CIRCLE THROW)				
HANE-GOSHI (SPRING HIP THROW)				
KOSOTO-GAKE (MINOR OUTER HOOK)				
TSURI-GOSHI (LIFTING HIP THROW)				
KATA GURUMA (SHOULDER WHEEL)				
ASHI GURUMA (FOOT WHEEL)				
HARAI-TSURIKOMI- ASHI (LIFT PULL SWEEP)				
YOKO OTOSHI (SIDE DROP)				
MOROTE-GARI (DOUBLE LEG REAPING)				
UCHIMATA-GAESHI (INNER THIGH COUNTER)				
HANE GOSHI- GAESHI (SPRINGING HIP COUNTER)				
KOUCHI GAESHI (MINOR INNER COUNTER)				
TSUBAME GAESHI (HIP SWEEP COUNTER)				

	<b>EXCELLENT (10) 130 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>HIKKOMI GAESHI (PULLING IN COUNTER)</b>				
<b>KUCHIKI-TAOSHI (SINGLE LEG TAKE DOWN)</b>				
<b>KIBISU-GAESHI (ANKLE PICK)</b>				
<b>NEWAZA DEFINE</b>				
<b>NEWAZA (GROUND TECHNIQUES)</b>				
<b>HON KESA- GATAME (SCARF HOLD)</b>				
<b>MAKURA KESA- GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA- GATAME (MODIFIED SCARF HOLD)</b>				
<b>USHIRO KESA- GATAME (REVERSE SCARF HOLD)</b>				
<b>YOKO SHIHO GATAME (SIDE HOLD)</b>				
<b>KATA-GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO- GATAME (TOP 4 QUARTER HOLD)</b>				
<b>KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)</b>				
<b>TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				

	EXCELLENT (10) 100 PTS	GOOD (8)	FAIR (7)	POOR (0)
KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)				
DEFINE SHIME WAZA (CHOKING TECHNIQUE) 13 Y/O AND ABOVE				
SHIME WAZA (CHOKING TECHNIQUES)				
HADAKA JIME (NAKED CHOKE HOLD)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
NAMI JUJI JIME (NORMAL CROSS CHOKE)				
KATA JUJI JIME (HALF CROSS CHOKE)				
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
SANKAKU-JIME (TRIANGULAR CHOKE)				
MOROTE-JIME (2 HAND CHOKE)				

	EXCELLENT (10) 130 PTS	GOOD (8)	FAIR (7)	POOR (0)
SODE-GURUMA JIME (SLEEVE ENCIRCLEMENT CHOKE)				
KATA-TE-JIME (SINGLE HAND CHOKE)				
TSUKKOMI-JIME (THRUSTING CHOKE)				
RYOTE-JIME (2 HAND CHOKE)				
DEFINE KANSETSU WAZA (ARM LOCKS) FOR 17 YRS AND UP				
KANSETSU WAZA (ARM LOCK TECHNIQUES)				
JUJI-GATAME (CROSS ARM LOCK)				
UDE-GARAMI (ARM ENTANGLEMENT ARM LOCK)				
HARA-GATAME (STOMACH OR SIDE EXTENDED ARM LOCK)				
UDE GATAME (ARM LOCK)				
HIZA GATAME (KNEE ARM LOCK)				
WAKI GATAME (ARM PIT LOCK)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)				
NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)				
WHAT YEAR WAS JUDO FOUNDED (1882)				
SHISEI DEFINE				
SHISEI (POSTURE)- DEFINE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				



	<b>EXCELLENT (10) 130 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)</b>				
<b>OSAEKOMI (PIN)</b>				
<b>TOKETA (PIN BROKEN)</b>				
<b>SONO-MAMA (STAY AS YOU ARE)</b>				
<b>YOSHI (START)</b>				
<b>SHIDO (MINOR PENALTY)</b>				
<b>HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY- DISQUALIFICATION)</b>				
<b>2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)</b>				
<b>ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING SUPPORTING LEG FROM BEHIND, HEAD DIVE)</b>				
<b>HIKI WAKI (DRAW)</b>				
<b>PRACTICE REFERRING IN DOJO</b>				
<b>REFEREE IN LOCAL SHIAI</b>				
<b>LOCAL REFEREE CERTIFICATION</b>				

	EXCELLENT (10) 70 PTS	GOOD (8)	FAIR (7)	POOR (0)
FOOT MOVEMENT DEFINE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
JUDO GI – JUDO UNIFORM TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
TOTAL SCORE (1380 PTS)				

TOTAL SCORE: \_\_\_\_\_/1380 X 100 = \_\_\_\_\_ (17 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

## PASS/FAIL

INSTRUCTOR SIGNATURE: \_\_\_\_\_

# DEMONSTRATE SHODAN (BLACK BELT) MIN AGE 14 YRS OLD

192 CLASSES OR 2+ YEAR FROM LAST PROMOTION

STUDENT: \_\_\_\_\_

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
ENTER DOJO AND MAT AREA				
SHISEI (POSTURE) DEMONSTRATE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				

	EXCELLENT (10) 100 PTS	GOOD (8)	FAIR (7)	POOR (0)
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEMONSTRATE TAI- SABAKI				
MAE-SABAKI (FRONT 90 DEG TURN)				
USHIRO MAESABAKI (BACK- FRONT 90 DEG TURN)				
MAE- MAWARISABAKI (180 DEG TURN)				
DEMONSTRATE				
KUMI-KATA (GRIPPING) MIGI/HIDARI				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)- DEMONSTRATE				
NORMAL EBI (HEAD- FIRST DIRECTION)				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
UKEMI (BREAK FALLING) DEMONSTRATE				
USHIRO UKEMI (BACKWARD FALL)				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHIWAZA (STANDING TECHNIQUE)- DEMONSTRATE				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEOI-NAGE (TWO HANDED SHOULDER THROW)				
TAI-OTOSHI (BODY DROP)				
KOSHI-GURUMA (HIP CIRCLE)				
KOUCHI-GARI (MINOR INNER REAPING)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)				
HARAI GOSHI (SWEEPING HIP THROW)				
KOSTO GARI (MINOR OUTER REAPING)				
OKURI ASHI HARAI (SLIDING FOOT SWEEP)				
SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)				
UCHI MATA (INNER THIGH THROW)				
TOMOE-NAGE (HIGH CIRCLE THROW)				
HANE-GOSHI (SPRING HIP THROW)				
KOSOTO-GAKE (MINOR OUTER HOOK)				
TSURI-GOSHI (LIFTING HIP THROW)				
KATA GURUMA (SHOULDER WHEEL)				
ASHI GURUMA (FOOT WHEEL)				
HARAI-TSURIKOMI-ASHI (LIFT PULL SWEEP)				
YOKO OTOSHI (SIDE DROP)				
MOROTE-GARI (DOUBLE LEG REAPING)				

	<b>EXCELLENT (10) 140 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>UCHIMATA-GAESHI (INNER THIGH COUNTER)</b>				
<b>HANE GOSHI- GAESHI (SPRINGING HIP COUNTER)</b>				
<b>KOUCHI GAESHI (MINOR INNER COUNTER)</b>				
<b>TSUBAME GAESHI (HIP SWEEP COUNTER)</b>				
<b>HIKKOMI GAESHI (PULLING IN COUNTER)</b>				
<b>KUCHIKI-TAOSHI (SINGLE LEG TAKE DOWN)</b>				
<b>KIBISU-GAESHI (ANKLE PICK)</b>				
<b>3 RENRAKU-WAZAS (COMBINATION OF SEVERAL TECHNIQUES)</b>				
<b>3 KAESHI-WAZAS (COUNTER TECHNIQUES)</b>				
<b>ONE THROW ON HIDARI SIDE</b>				
<b>ONE THROW ON MIGI SIDE</b>				
<b>DEMONSTRATE</b>				
<b>NEWAZA (GROUND TECHNIQUES)</b>				
<b>HON-KESA-GATAME (NATURAL SCARF HOLD)</b>				
<b>MAKURA KESA- GATAME (PILLOW SCARF HOLD)</b>				
<b>KUZURE KESA- GATAME (MODIFIED SCARF HOLD)</b>				

	<b>EXCELLENT (10) 150 PTS</b>	<b>GOOD (8)</b>	<b>FAIR (7)</b>	<b>POOR (0)</b>
<b>USHIRO KESA-GATAME (REVERSE SCARF HOLD)</b>				
<b>YOKO-SHIHO-GATAME (SIDE HOLD)</b>				
<b>KATA GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO GATAME (TOP 4 QUARTER HOLD)</b>				
<b>KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)</b>				
<b>TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				
<b>KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)</b>				
<b>DEMONSTRATE ESCAPES FROM:</b>				
<b>KESA-GATAME</b>				
<b>YOKO SHIHO GATAME</b>				
<b>KATA-GATAME (SHOULDER HOLD)</b>				
<b>KAMISHIHO GATAME (TOP 4 QUARTER HOLD)</b>				
<b>TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)</b>				
<b>DEMONSTRATE</b>				
<b>SANKAKU TURNOVER</b>				
<b>SANKAKU GATAME (TRIANGULAR PIN)</b>				
<b>1 TURN OVER (UKE FACE DOWN)</b>				



	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
2 ENTRIES PASS UKE'S LEGS (GUARD POSITION)				
STANDING TECHNIQUE TO OSAE WAZA				
TURNOVER FROM BEING ON THE BOTTOM				
GET OUT OF UKE'S LEG COIL				
NAGE NO KATA (THROWING 1 <sup>ST</sup> , 2 <sup>ND</sup> , 3 <sup>RD</sup> , 4 <sup>TH</sup> , 5 <sup>TH</sup> SET) SAT PRACTICE				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE - DEFINE. FOR 13 Y/O AND ABOVE				
HADAKA JIME (NAKED CHOKE HOLD)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
NAMI JUJI JIME (NORMAL CROSS CHOKE)				
KATA JUJI JIME (HALF CROSS CHOKE)				
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
SANKAKU-JIME (TRIANGULAR CHOKE)				

	EXCELLENT (10) 130 PTS	GOOD (8)	FAIR (7)	POOR (0)
MOROTE-JIME (2 HAND CHOKE)				
SODE-GURUMA JIME (SLEEVE ENCIRCLEMENT CHOKE)				
TSUKKOMI-JIME (THRUSTING CHOKE)				
RYOTE-JIME (2 HAND CHOKE)				
ESCAPE FROM HADAKA JIME (NAKED CHOKE)				
ESCAPE FROM NAMI-JUJI-JIME (NORMAL CROSS CHOKE)				
ESCAPE FROM GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
ESCAPE FROM KATA JUJI JIME (HALF CROSS CHOKE)				
ESCAPE FROM KATA HA JIME (SINGLE WING CHOKE)				
DEMONSTRATE KANSETSU WAZA (ARM LOCKS) DEFINE. FOR 17 YRS AND UP				
JUJI-GATAME (CROSS ARM LOCK)				
UDE-GARAMI (ARM ENTANGLEMENT ARM LOCK)				
HARA-GATAME (STOMACH OR SIDE EXTENDED ARM LOCK)				
UDE GATAME (ARM LOCK)				

	EXCELLENT (10) 20 PTS	GOOD (8)	FAIR (7)	POOR (0)
HIZA GATAME (KNEE ARM LOCK)				
WAKI GATAME (ARM PIT LOCK)				
TOTAL SCORE (1000 PTS)				

TOTAL SCORE: \_\_\_\_\_/1000 X 100 = \_\_\_\_\_

MUST PASS WITH A 70% OR BETTER

## PASS/FAIL

**WRITE AN ESSAY. WHY SHOULD I BE PROMOTED TO SHODAN? WHAT QUALITIES AND TRAITS DOES IT TAKE TO BE A SHODAN.**

INSTRUCTOR SIGNATURE: \_\_\_\_\_