

DEMONSTRATE SHODAN (BLACK BELT) MIN AGE 14 YRS OLD

192 CLASSES OR 2+ YEAR FROM LAST PROMOTION

STUDENT: _____

	EXCELLENT (10)	GOOD (8)	FAIR (7)	POOR (5)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
OBI (BELT)				
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)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)				
HISTORY				

WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				
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)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
ENTER DOJO AND MAT AREA				
COMPETE IN SHIAI OR ASSIST WITH JUDO PROCESS				
DEFINE				
SHISEI (POSTURE)- DEFINE.				
DEMONSTRATE SHISEI (POSTURE)				
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)L.				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEFINE				
TAI-SABAKI (BODY MOVEMENT- DEFINE.				
KUMI-KATA (GRIPPING)				
DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)				
MAE-SABAKI (FRONT 90 DEG)				
USHIRO MAESABAKI (BACK- FRONT 90 DEG)				
MAE- MAWARISABAKI (180 DEG)				
DEMONSTRATE				
KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI				
HAPPO NO KUZUSHI (8 DIRECTIONS OF				

BREAKING BALANCE)				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)- DEFINE				
DEMONSTRATE EBI				
HEAD-FIRST EBI				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
JUDO GI –(JUDO UNIFORM)- DEFINE TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
DEMONSTRATE				
UKEMI (BREAK FALLING)				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
DEMONSTRATES ABILITY TO TEACH BEGINNERS UKEMI				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				

WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)				
OSAEKOMI (PIN)				
TOKETA (PIN BROKEN)				
SONO-MAMA (STAY AS YOU ARE)				
YOSHI (START)				
SHIDO (MINOR PENALTY)				
HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY- DISQUALIFICATION)				
2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)				
ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING SUPPORTING LEG FROM BEHIND, HEAD DIVE)				
HIKI WAKI (DRAW)				
REFEREE IN LOCAL SHIAI				
LOCAL REFEREE CERTIFICATION				
DEMONSTRATE				
TACHIWAZA (STANDING TECHNIQUE)- DEFINE				
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)				
THREE THROWS ON OPPOSITE SIDE (MIGI/HIDARI SIDE)				
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)				
KUCHIKI-TAOSHI (SINGLE LEG TAKE DOWN)				
KIBISU-GAESHI (ANKLE PICK)				
3 RENRAKU-WAZAS (COMBINATION OF SEVERAL TECHNIQUES)				
3 KAESHI-WAZAS (COUNTER TECHNIQUES)				
DEMONSTRATE				
NEWAZA (GROUND TECHNIQUES)				

HON KESA-GATAME (NATURAL SCARF HOLD)				
MAKURA KESA-GATAME (PILLOW SCARF HOLD)				
KUZURE KESA-GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA-GATAME (REVERSE SCARF HOLD)				
KATA GATAME (SHOULDER HOLD)				
YOKO-SHIHO-GATAME (SIDE HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)				
TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)				
DEMONSTRATE ESCAPES FROM				
KESA-GATAME (SCARF HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				
KATA GATAME (SHOULDER HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
1 ESCAPE FOM TATE SHIHO				

GATAME (VERTICAL 4 QUARTER HOLD)				
SANKAKU TURNOVER				
SANKAKU GATAME (TRIANGULAR PIN)				
1 TURN OVER (UKE FACE DOWN)				
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				
KATA (FORMS) - ATTEND NAGE NO KATA CLINIC				
NAGE NO KATA (THROWING 1ST, 2ND, 3RD, 4TH, 5TH SET) SAT PRACTICE				
SHIME WAZA (CHOKING TECHNIQUES)- DEFINE				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE) 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)				
ESCAPE FROM HADAHA 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)				
SANKAKU-JIME (TRIANGULAR CHOKE)				
MOROTE-JIME (2 HAND CHOKE)				
SODE-GURUMA JIME (SLEEVE ENCIRCLEMENT CHOKE)				
TSUKKOMI-JIME (THRUSTING CHOKE)				
RYOTE-JIME (2 HAND CHOKE)				
TSUKKOMI-JIME (THRUSTING CHOKE) DEFENSE				
RYOTE-JIME (2 HAND CHOKE) DEFENSE				
KANSETSU WAZA (ARM LOCKS)-				

DEFINE. 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)				
HIZA GATAME (KNEE ARM LOCK)				
WAKI GATAME (ARM PIT LOCK)				
TOTAL SCORE (1620 OR 1570 PTS)				

TOTAL SCORE: _____/1620 X 100 = _____

TOTAL SCORE: _____/1690 X 100 = _____ (17 AND ABOVE)

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.

MUST ATTEND A SANCTION NAGE NO KATA CLINIC & RECEIVE A CERTIFICATE OF ATTENDANCE. ALSO DEMONSTRATE THE KATA.

INSTRUCTOR SIGNATURE: _____