

LAST NAME	FIRST NAME	M.I.	DATE	CLUB REPRESENTATION
YONEN / SHONEN / SEINEN		DATE OF BIRTH	PRESENT RANK	RANK EXAMINED FOR

 10 PERFECT 9-8 EXCELLENT 7 VERY GOOD 6 GOOD 5 FAIR 4-3 POOR 2-1 WEAK

***** **BASICS** *****

ATTENDANCE _____	DEMONSTRATION OF:	
OVERALL JUDO ETIQUETTE _____	POSTURES / BOWS _____	HOLDING / OFF BALANCING _____
JUDO HISTORY KNOWLEDGE _____	MOVEMENTS / TURNING _____	BREAKFALLS _____

***** **NAGE WAZA** *****

<u>DAI IKKYO</u>	<u>DAI NIKYO</u>	<u>DAI SANKYO</u>
DE ASHI BARAI _____	KO SOTO GARI _____	KO SOTO GAKE _____
HIZA GURUMA _____	KO UCHI GARI _____	TSURI GOSHI _____
SASAE TSURIKOMI ASHI _____	KOSHI GURUMA _____	YOKO OTOSHI _____
UKI GOSHI _____	TSURI KOMI GOSHI _____	ASHI GURUMA _____
O SOTO GARI _____	OKURI ASHI BARAI _____	HANE GOSHI _____
O GOSHI _____	TAI OTOSHI _____	HARAI TSURIKOMI ASHI _____
O UCHI GARI _____	HARAI GOSHI _____	TOMOE NAGE _____
SEOI NAGE _____	UCHI MATA _____	KATA GURUMA _____

DAI YONKYO

SUMI GAESHI _____

TANI OTOSHI _____

HANE MAKIKOMI _____

SUKUI NAGE _____

UTSURI GOSHI _____

O GURUMA _____

SOTO MAKIKOMI _____

UKI OTOSHI _____

DAI GOKYO

O SOTO GURUMA _____

UKI WAZA _____

YOKO WAKARE _____

YOKO GURUMA _____

USHIRO GOSHI _____

URA NAGE _____

SUMI OTOSHI _____

YOKO GAKE _____

***** **RENRAKU WAZA** *****

TECHNIQUE 1 _____

TECHNIQUE 1 _____

TECHNIQUE 1 _____

***** **KAESHI WAZA** *****

TECHNIQUE 1 _____

TECHNIQUE 1 _____

TECHNIQUE 1 _____

***** **OSAEKOMI WAZA** *****

KESA GATAME _____

KATA GATAME _____

KAMI SHIHO GATAME _____

YOKO SHIHO GATAME _____

MAKURA KESA GATAME _____

USHIRO KESA GATAME _____

KUZURE KESA GATAME _____

KUZURE KAMI SHIHO G. _____

KUZURE YOKO SHIHO G. _____

OTHERS _____

***** **SHIME WAZA** *****

NAMI JUJI JIME _____

GYAKU JUJI JIME _____

KATA JUJI JIME _____

HADAKA JIME _____

OKURI ERI JIME _____

KATA HA JIME _____

TSUKKOMI JIME _____

RYOTE JIME _____

SODE GURUMA _____

KATAE JIME _____

OTHERS _____

***** **KANSETSU WAZA** *****

UDE GARAMI _____

UDE ZEMPAKU GATAME _____

UDE JUJI GATAME _____

UDE HIZA GATAME _____

UDE WAKI GATAME _____

OTHERS _____

***** **NAGE NO KATA** *****

UKI _____ TORI _____

***** **WRITTEN TEST** *****

SCORE _____%

PASS / FAIL

Recommended By _____ Rank _____

Chairman of Examiners & Rank _____

Examiner & Rank _____

Examiner & Rank _____

(Promotions for all Junior Ranks and Senior Ranks through Sankyu require only one PJI DAN Signature; promotions for senior Nikyu through Shodan require three PJI DAN signatures, two must be Nidan or higher.)