

NISEIDO® JU JITSU

SANKYU - PURPLE BELT EXAMINATION

Student Name: _____ **Date:** _____

NAGE WAZA (22)	EX	GD	AV	PR	COMMENTS
OSOTO GARI					
OGOSHI					
IPPON SEOINAGE					
OUCHI GARI					
KOSHI GURUMA					
KUBINAGE					
TSURI KOMI GOSHI					
MOROTE SEOINAGE					
OSOTO OTOSHI					
KUCHIKI TAOSHI					
TSURI KOMI ASHI					
HARAI GOSHI					
HANE GOSHI					
UCHI MATA					
TAI OTOSHI FORWARD					
TAI OTOSHI BACKWARD					
SEOI OTOSHI					
KOUCHI GARI					
SODE TSURI KOMI GOSHI					
DEASHI HARAI					
UKI GOSHI					
KIBISU GAESHI					

KANSETSU WAZA (19)	EX	GD	AV	PR	COMMENTS
HON JUJI GATAME					
OKURI ERI HIJI TEKUBI					
KUBI HIJI TEKUBI					
KATA HIJI TEKUBI					
TEKUBI GAKE					
YUBI HIJI TEKUBI					
KOTE GAESHI #1					
KOTE GAESHI #2					
HON KOTE HINERI					
OSHI TAOSHI					
HIKI TAOSHI					

KANSETSU WAZA (19) EX GD AV PR

COMMENTS

JUJI GATAME					
UDE GARAMI #1					
UDE GARAMI #2					
UDE GATAME #1					
UDE GATAME #2					
WAKI GATAME					
UDE GAESHI					
UDE HINERI					

GATAME WAZA (6)

EX GD AV PR

COMMENTS

KESA GATAME					
KATA GATAME					
YOKO SHIHO GATAME					
KAMI SHIHO GATAME					
USHIRO KESA GATAME					
YOKO / KAMI SHIHO & USHIRO KESA GATAME COMBINATION					

SHIME WAZA (11)

EX GD AV PR

COMMENTS

HADAKA JIME #1					
HADAKA JIME #2					
OKURI ERI JIME					
SHOMEN OKURI ERI JIME					
KATAHA JIME					
NAMI JUJI JIME					
GYAKU JUJI JIME					
KATA JUJI JIME					
SANKAKU JIME					
SODE JIME #1					
SODE JIME #2					

GOSHINJITSU (12/60)	NUMBER OF TECHNIQUES					TECHNIQUE PROFICIENCY			
	1	2	3	4	5	E	G	A	P
HEAD HOLD CORRELATED COMMENTS:	1	2	3	4	5	E	G	A	P
WRIST ESCAPES COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST CHEST PUSH COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST PUNCHES COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST GRIPS ON GARMENTS COMMENTS:	1	2	3	4	5	E	G	A	P

GOSHINJITSU (12/60)	NUMBER OF TECHNIQUES					TECHNIQUE PROFICIENCY			
	1	2	3	4	5	E	G	A	P
ESCAPE FROM BODY HOLDS COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST CHOKE HOLDS COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST KICKS COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST CLUB ATTACKS COMMENTS:	1	2	3	4	5	E	G	A	P
CLUB AGAINST CLUB ATTACKS COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST WRESTLING HOLDS COMMENTS:	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST KNIFE ATTACKS (RUBBER OR WOOD) COMMENTS:	1	2	3	4	5	E	G	A	P

COMBATIVE READINESS

KUMITE 1 on 1 (minimum of 1 match) COMMENTS:	1	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	E	G	A	P
RANDORI (Minimum of 2 matches) COMMENTS:	1	2	<u>3</u>	<u>4</u>	<u>5</u>	E	G	A	P
GATAME WAZA (Minimum of 3 matches) COMMENTS:	1	2	3	<u>4</u>	<u>5</u>	E	G	A	P

SUMMARY

GENERAL COMMENTS

CONTROL	E	G	A	P	
FOCUS	E	G	A	P	
ATTITUDE	E	G	A	P	

OVERALL PERFORMANCE

E	G	A	P
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ADDITIONAL COMMENTS

PASS	FAIL	RETAKE
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SIGNATURE OF GRADING OFFICIAL