

# NISEIDO® JU JITSU

## GOKYU - YELLOW BELT EXAMINATION

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

NAGE WAZA (6)	EX	GD	AV	PR	COMMENTS
OSOTO GARI					
OGOSHI					
IPPON SEONAGE					
OUCHI GARI					
KOSHI GURUMA					
KUBI NAGE					

KANSETSU WAZA (11)	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					

GATAME WAZA (2)	EX	GD	AV	PR	COMMENTS
KESA GATAME					
KATA GATAME					

SHIME WAZA (4)	EX	GD	AV	PR	COMMENTS
HADAKA JIME #1					
HADAKA JIME #2					
OKURI ERI JIME					
SHOMEN OKURI ERI JIME					

<b>GOSHINJITSU (5/25)</b>	<b>NUMBER OF TECHNIQUES</b>					<b>TECHNIQUE PROFICIENCY</b>			
HEAD HOLD CORRELATED <b>COMMENTS:</b>	1	2	3	4	5	E	G	A	P
WRIST ESCAPES <b>COMMENTS:</b>	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST CHEST PUSHES <b>COMMENTS:</b>	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST PUNCHES <b>COMMENTS:</b>	1	2	3	4	5	E	G	A	P
DEFENSE AGAINST GRIPS ON GARMENTS <b>COMMENTS:</b>	1	2	3	4	5	E	G	A	P

<b>COMBATIVE READINESS</b>	<b>NUMBER OF MATCHES</b>					<b>COMBATIVE PROFICIENCY</b>			
GATAME WAZA (3) <b>COMMENTS:</b>	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