

NISEIDO® JU JITSU

YONKYU - GREEN BELT EXAMINATION

Student Name: _____ **Date:** _____

NAGE WAZA (11)	EX	GD	AV	PR	COMMENTS
OSOTO GARI					
OGOSHI					
IPPON SEAINAGE					
OUCHI GARI					
KOSHI GURUMA					
KUBI NAGE					
TSURI KOMI GOSHI					
MOROTE SEAINAGE					
OSOTO OTOSHI					
KUCHIKI TAOSHI					
TSURI KOMI ASHI					

KANSETSU WAZA (17)	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					
JUJI GATAME					
UDE GARAMI #1					
UDE GARAMI #2					
UDE GATAME #1					
UDE GATAME #2					
WAKI GATAME					

GATAME WAZA (4)	EX	GD	AV	PR	COMMENTS
KESA GATAME					
KATA GATAME					
YOKO SHIHO GATAME					
KAMI SHIHO GATAME					

SHIME WAZA (8)	EX	GD	AV	PR	COMMENTS
HADAKA JIME #1					
HADAKA JIME #2					
OKURI ERI JIME					
SHOMEN OKURI ERI JIME					
KATAHA JIME					
NAMIJUJI JIME					
GYAKU JUJI JIME					
KATA JUJI JIME					

GOSHINJITSU (9/45)	NUMBER OF TECHNIQUES					TECHNIQUE PROFICIENCY			
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
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

COMBATIVE READINESS	NUMBER OF MATCHES					COMBATIVE PROFICIENCY			
	1	2	3	4	5	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