



UNITED STATES JUDO ASSOCIATION

Examination for Senior Nikyu Judo Rank

Name: _____

Date of Birth _____

USJA Membership # _____

Membership Expiration Date: _____

Exam Date(s): _____

Time-in-grade Required: 8 to 12 months

Time-in-grade: _____

Promotion Points

Class Attendance Points _____

Clinic/Camp Points _____

Tournament Entry Points _____

Tournament Win Points _____

Tournament Placement Points _____

Judo Service Points _____

USJA Service Points _____

Certification Points _____

Required Promotion Points: 17 to 22 points

Total Points _____

1. You must be a current member of the United States Judo Association with insurance in order to be examined for judo rank promotion. Upon successful completion of this test and processing by the USJA National Office, a certificate of promotion, a rank patch and a membership card showing your new rank will be issued to you.
2. The demonstration part of the exam is scored 0 thru 4. In general:
 - 0 = wrong technique or grossly boggled
 - 1 = fair demonstration
 - 2 = average/good score
 - 3 = above average/very good
 - 4 = skillful enough to use it in randori or competition
3. The written portion is scored 1 point for each blank (some questions have multiple blanks).
4. Techniques may be demonstrated either right side or left side unless otherwise specified.
5. Candidates for shodan and nidan can have no more than two zero (0) scores regardless of total points in order to pass. Candidates for sandan and yodan can not have any zero (0) scores regardless of total points in order to pass. Candidates for godan and above can not have any zero (0) or one (1) scores regardless of total points in order to pass.
6. Candidates will be asked to perform each technique by verbal instruction in Japanese and English: for instance "Please show me OGOSHI, major hip throw."

Recommendation by the Instructor: I authorize that my student _____ is qualified to be examined and promoted to in accordance with USJA policies and procedures.

Signature of Instructor

Date

Printed Name of Instructor

Rank of Instructor

Certification by the Candidate: I certify that all answers and scores recorded on this exam were properly earned.

Signature of Candidate

Date

Printed Name of Candidate

Certification by the Examiner(s): I certify that the above named candidate has passed has not passed the attached examination as administered by me and has met all other requirements for this rank promotion.

Signature of Examiner #1

Date

Printed Name of Examiner #1

Rank of Examiner #1

Certification Level of Examiner #1

Signature of Examiner #2

Date

Printed Name of Examiner #2

Rank of Examiner #2

Certification Level of Examiner #2

CANDIDATE'S EXAM SUMMARY

Vocabulary Score	_____	Minimum Passing Score	_____ %
General Info. Score	_____	Minimum Passing Score	_____ %
Demonstration Score	_____	Minimum Passing Score	_____ points

CANDIDATE'S CERTIFICATION REQUIREMENTS

USJA Kata Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Referee Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Rank Examiner Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Coach Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A

Examination for USJA Senior Nikyu Judo Rank

JAPANESE VOCABULARY

Write the Japanese words for the following:

1. Attention!: Kiyotsuke
2. Bow: Rei
3. Begin! Hajime
4. Stop!: Matte
5. Practice hall for judo: Dojo
6. Teacher: Sensei
7. Sitting on knees: Seiza
8. Sitting crossed legged: Anza
9. Following foot walking: Tsugi Ashi
10. Normal walking: Ayumi Ashi
11. Judo uniform: Judo gi
12. Judo practitioner or player: Judoka
13. Person performing technique: Tori
14. Person receiving technique: Uke
15. Left: Hidari
16. Right: Migi
17. Falling methods or ways: Ukemi
18. Falling methods to the rear: Ushiro Ukemi
19. Falling methods to the side: Yoko Ukemi
20. Forward rolling falling: Zempo Kaiten Ukemi
21. Free practice: Randori
22. Formal pre-arranged routine practice: Kata
23. Tournament: Shiai
24. Hold-down! (referee's call): Osaekomi
25. Hold-down broken! (referee's call): Toketa
26. One point! (referee's award): Ippon
27. Almost ippon! (1/2 point): Waza Ari
28. Near waza-ari! (referee's award): Yuko
29. Near yuko! (referee's award): Koka
30. That is all! (referee's call): Sore Made
31. Sixth class (kyu) judo rank: Rokyu/Rokkyu
32. Note! (referee's penalty call): Shido
33. Loss by rule violation: Hansoku Make
34. Decision! (referee for judges' decision): Hantei
35. Don't move! (referee's call): Sono Mama
36. Continue! (referee call): Yoshi
37. Fundamental natural posture: Shizen Hon Tai
38. Fundamental defensive posture: Jigo Hon Tai
39. Off balance: Kuzushi
40. Entry into a throw: Tsukuri
41. Execution of a throw: Kake
42. Sweeping action done with the leg: Harai/Barai
43. Reaping action done with the leg: Gari
44. Dashing action done with the leg: Kake/Gake
45. Springing action done with the leg: Hane
46. Throw (noun): Nage
47. Technique(s): Waza
48. Throwing technique(s): Nage Waza
49. Hand: Te
50. Hand techniques: Te Waza
51. Foot or Leg: Ashi
52. Foot techniques: Ashi Waza
53. Big or major: O
54. Little or minor: Ko
55. Waist or hip: Koshi/Goshi
56. Waist or hip techniques: Koshi Waza
57. Major hip throw: O Goshi
58. Outside: Soto
59. Inside: Uchi
60. Major outside reaping throw: O Soto Gari
61. Internal force or spiritual energy: Ki
62. Shout to gather inner strength: Kiai
63. Fifth class (kyu) judo rank: Gokyu
64. Decision win! (referee's award): Yusei Gachi
65. Draw match! (referee s award): Hiki Wake
66. Win by 2 waza-ari's: Waza Ari Awasete Ippon
67. Grappling techniques: Katame Waza
68. Techniques from a supine position: Ne Waza
69. Holding techniques: Osae Komi Waza
70. Choke: Shime/Jime
71. Choking techniques: Shime Waza
72. Joint locking techniques: Kansetsu Waza
73. The principle of gentleness or giving way: Ju
74. Way of life: Do
75. Gentle way: Judo
76. Gentle arts: Jujitsu

77. Favorite technique: Tokui Waza
78. Way of the warrior: Bushido
79. Martial arts: Budo
80. Class of belt ranks below black belt: Kyu
81. Step or degree in the black belt ranks: Dan
82. Holder of any black belt rank: Yudansha
83. Holder of any rank below black belt: Mudansha
84. Black belt association: Yudanshakai
85. Repetition attack practice without throwing, done with partner: Uchi Komi
86. Alternate throwing practice without resistance, done with partner: Sute Geiko
87. Solo practice: Tandoku Renshu
88. Practice in pairs: Sotai Renshu
89. Practice in general: Keiko
90. Fourth class (kyu) judo rank: Yonkyu
91. Kneeling bow: Za Rei
92. Standing bow: Ritsu Rei
93. Knee: Hiza
94. Lock or Hold: Katame/Gatame
95. Wheel: Guruma
96. Side or lateral: Yoko
97. 8 directions of off-balancing: Happo no Kuzushi
98. Third class (kyu) judo rank: Sankyū
99. Second class (kyu) judo rank: Nikyu
100. First class (kyu) judo rank: Ikkyū
101. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: Go Kyo No Waza
102. Newly certified throwing techniques of Kodokan Judo: Shinmesho No Waza
103. Instantaneous promotion: Batsugun
104. Sacrifice: Sutemi
105. Throwing (standing): Tachi Waza
106. Throwing techniques done by falling on one's back or side: Sutemi Waza
107. Back falling sacrifice throws: Ma Sutemi Waza
108. Side falling sacrifice throws: Yoko Sutemi Waza
109. Striking techniques to vital areas: Atemi Waza
110. Judo uniform belt: Obi
111. Judo uniform jacket: Uwagi
112. Judo uniform pants: Zubon
113. Judo uniform sleeve: Sode
114. Judo uniform lapel: Eri
115. Illegal act of locking the legs around the torso of an opponent: Do Jime
116. Warm-up exercises in judo: Junbi Undo
117. Cooling-off exercises in judo: Shumatsu Undo
118. Exercises in general: Taiso
119. Variation (of a technique): Kuzure
120. Counter technique: Kaeshi Waza
121. Combination technique: Renwaku Waza
122. Four comers (as in pins): Shi Ho
123. I surrender! : Maitta
124. Forms of gripping an opponent: Kumi Kata
125. Normal: Nami
126. Reverse: Gyaku
127. Cross : Juji
128. Arm: Ude
129. Armpit: Wake
130. First degree black belt: Shodan
131. Second degree black belt: Nidan
132. Third degree black belt: Sandan
133. Fourth degree black belt: Yodan/Yondan
134. Fifth degree black belt: Godan
135. Sixth degree black belt: Rokudan
136. Seventh degree black belt: Shichidan
137. Eighth degree black belt: Hachidan
138. Ninth degree black belt: Kudan
139. Tenth degree black belt: Judan
140. Twelfth degree black belt (held only by Dr. Kano): Junidan (this is debated)
141. Loss of any type: Make
142. Win of any type: Kachi/Gachi
143. Win by forfeit or default of the opponent before a match: Fusen Gachi
144. Win by withdrawal of the opponent during a match: Kiken Gachi
145. Combination win by adding a half point from a violation and one waza-ari: Sogo Gachi
146. Side of the dojo or tournament mat reserved for senior judoka or officials: Joseki
147. Cross arm lock Juji Gatame

18. What are the two principles of Kodokan Judo as defined by Dr. Kano?

1. Mutual Welfare & Benefit – Jita Kyoei
2. Maximum Efficiency – Seiryoku Zenyo

19. What is the ultimate goal of judo as defined by Dr. Kano?

The harmonious development and eventual
perfection of human character

20. What does the acronym G.E.T. P.A.D. (tactical variables for randori/shiai) stand for?

- G = Grip P = Posture
E. = Edge of Mat A = Angle of Attack
T = Tempo D = Direction of Movement

21. What year was judo first introduced into the summer Olympic Games? 1964

22. Who were the four men on the first U.S. Olympic Judo Team?

1. Ben Campbell (now a US Senator)
2. Jim Bregman (retired US Gov. & Consultant)
3. George Harris (retired US Air Force NCO)
4. Paul Maruyama (retire US Air Force Officer)

23. Which American placed the first time Judo was included at the Olympics, and what place did he win?

Jim Bregman Bronze – Third Place
(Name) (Place)

24. Name the six kyu ranks and colored belts from highest to lowest rank (do not list White Belt):

1. Brown / Ikkyu
 2. Brown / Nikyu
 3. Brown / Sankyu
 4. Green / Yonkyu
 5. Orange / Gokyu
 6. Yellow / Rokyu
- (Color) (Japanese Name)

25. Name (Japanese Name) the 10 black belt ranks in order:

1. Shodan 6. Rokudan
2. Nidan 7. Shichidan
3. Sandan 8. Hachidan
4. Yodan 9. Kudan

5. Godan 10. Judan

26. What does the word "JUDO" mean in English?
The Gentle Way

27. What other colored belt are some black belt persons entitled to wear?

1st Degree - Black

2nd Degree - Black

3rd Degree - Black

4th Degree – Black & Red Panel or Black

5th Degree - Black & Red Panel or Black

6th Degree – Red & White Panel or Black

7th Degree - Red & White Panel or Black

8th Degree - Red & White Panel or Black

9th Degree - Red or Black

10th Degree - Red or Black

28. What are the four sides of the dojo called? (Refer to diagram below.)

1. Upper Seat / Kamiza

2. Upper Side / Joseki

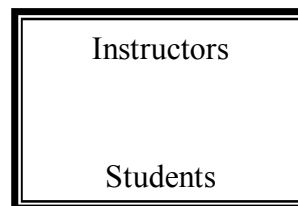
3. Lower Seat / Shimoza

4. Lower Side / Shimoseki
(English) (Japanese)

Side 1

Side 4

Side 2



Side 3

29. Which American was the first to win a medal at the World Championships in judo and what place did he win?

Jim Bregman Bronze – Third Place
(Name) (Place)

30. List the nine Kata of Kodokan Judo in English and Japanese.

1. Form of Throwing / Nage No Kata

2. Form of Grappling / Katame No Kata

3. Forms of Gentleness / Ju No Kata

4. Forms of Self-Defense / Goshijitsu No Kata

5. Forms of Decision / Kime No Kata

6. Forms of Self-Defense for Women / Joshi-Goshinho

7. Forms of Five / Itsutsu No Kata

8. Forms of Antiquity / Koshiki No Kata
 9. Maximum Efficiency Physical Exercise /
Seiroyku Zenyo Kokuimin Taiku
 (English) (Japanese)

General Knowledge Perfect Score = 139

Passing Score = 98 or higher

Actual Score = _____

DEMONSTRATION

Point Score Scale				
Excellent	Above Average	Good Average	Fair	Wrong Boggled
4	3	2	1	0

Ukemi

Falling Ways

(The candidate must successfully complete this section in order to proceed with the exam.)

- Ushiro Ukemi (Back falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Migi Yoko Ukemi (Right Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Hidari Yoko Ukemi (Left Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Zempo Kaiten Ukemi (Forward rolling falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Front falls
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Sitting & Bowing

- Seiza (sitting on knees and feet)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Anza (sitting cross-legged)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Za Rei (formal kneeling bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Ritsu Rei (standing bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Posture & Movement

- Shizen hontai (basic natural posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Jigo hontai (basic defense posture)

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Tsugi ashi (Follow foot movement)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Ayumi ashi (normal walking)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Tai sabaki Front and rear 90 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Tai sabaki Front and rear 180 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Happo no Kuzushi (forms of off balancing)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata

Gripping Forms

- Standard Sleeve & Lapel Grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Swinging elbow break through for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Drive through break for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Inner sleeve counter grip for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Low lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Snap out break through for low lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- High lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Inner Sleeve counter grip for high lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Pull down break through for high lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Double sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Double sleeve counter grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Jacket end grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Inner sleeve counter grip for jacket end grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

- Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- O Goshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Ippon Seoinage (Single shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- Osoto Gari (major outside reaping)

4	3	2	1	0	
36. De Ashi Barai (advancing foot sweep)	4	3	2	1	0
37. Uchi Gari (major inside reaping)	4	3	2	1	0
38. Uki Goshi (floating hip throw)	4	3	2	1	0
39. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)	4	3	2	1	0
40. Ko Uchi Gari (minor inside reap)	4	3	2	1	0
41. Koshi Guruma (hip wheel)	4	3	2	1	0
42. Ko Soto Gari (minor outside reap)	4	3	2	1	0
43. Tsuru Komi Goshi (lifting-pulling hip throw)	4	3	2	1	0
44. Okuri Ashi Barai (sliding foot sweep)	4	3	2	1	0
45. Harai Goshi (sweeping hip throw)	4	3	2	1	0
46. Tai Otoshi (body drop)	4	3	2	1	0
47. Uchi Mata (inner thigh throw)	4	3	2	1	0
48. Ko Soto Gake (minor outside dash)	4	3	2	1	0
49. Tsuru Goshi (lifting hip throw)	4	3	2	1	0
50. Harai Tsuru Komi Ashi (sweeping lift-pull foot)	4	3	2	1	0
51. Hane Goshi (springing hip throw)	4	3	2	1	0

Bogyo

Defense Against Throws

52. Defense against Hiza Guruma	4	3	2	1	0
53. Defense against O Goshi	4	3	2	1	0
54. Defense against Osoto Gari	4	3	2	1	0
55. Defense against Seoinage	4	3	2	1	0
56. Defense against Uchi Gari	4	3	2	1	0
57. Defense against De Ashi Barai	4	3	2	1	0
58. Defense against Uki Goshi	4	3	2	1	0
59. Defense against Sasae Tsuru Komi Ashi	4	3	2	1	0
60. Defense for Kouchi Gari	4	3	2	1	0
61. Defense for Koshi Guruma	4	3	2	1	0
62. Defense for Okuri Ashi Barai	4	3	2	1	0
63. Defense for Harai Goshi	4	3	2	1	0

4	3	2	1	0	
64. Defense against Tai Otoshi	4	3	2	1	0
65. Defense against Uchi Mata	4	3	2	1	0

Kaeshi Waza

Counter Throwing Techniques

66. Counter for Hiza Guruma	4	3	2	1	0
67. Counter for O Goshi	4	3	2	1	0
68. Counter for Osoto Gari	4	3	2	1	0
69. Counter for Seoinage	4	3	2	1	0
70. Counter for Uchi Gari	4	3	2	1	0
71. Counter for De Ashi Barai	4	3	2	1	0
72. Counter for Uki Goshi	4	3	2	1	0
73. Counter for Sasae Tsuru Komi Ashi	4	3	2	1	0
74. Counter for Ko Uchi Gari	4	3	2	1	0
75. Counter for Koshi Guruma	4	3	2	1	0
76. Counter for Okuri Ashi Barai	4	3	2	1	0
77. Counter for Harai Goshi	4	3	2	1	0

Renwaku Waza

Combination Techniques

78. Hiza Guruma to O Soto Gari combination	4	3	2	1	0
79. O Soto Gari to Hiza Guruma combination	4	3	2	1	0
80. Ko Uchi Gari to Seoinage combination	4	3	2	1	0
81. Seoinage to Ko Uchi Gari combination	4	3	2	1	0
82. Hiza Guruma to De Ashi Barai combination	4	3	2	1	0
83. De Ashi Barai to Hiza Guruma combination	4	3	2	1	0
84. Sasae Tsuru Komi Ashi to De Ashi Barai combination	4	3	2	1	0
85. De Ashi Barai to Sasae Tsuru Komi Ashi combination	4	3	2	1	0
86. Harai Goshi to opposite side O Soto Gari combination	4	3	2	1	0
87. O Soto Gari to opposite side Harai Goshi combination	4	3	2	1	0

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

88. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Kami Shiho Gatame (upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Kuzure Kesa Gatame (modified scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Kuzure Yoko Shiho gatame (modified side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
93. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
94. Kata Gatame (shoulder hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
95. Ushiho Kesa Gatame (reverse scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
96. Tate Shiho Gatame (straddling 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Shime Waza

Strangulation (Choking) Techniques

97. Hadaka Jime (naked choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
98. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
99. Kata Ha Jime (single wing choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kansetsu Waza

Joint Locking Techniques

100. Juji Gatame (cross arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
101. Ude Gatame (normal arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
102. Ude Garami (bent arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

103. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
104. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
105. Sit up escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
106. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
107. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
108. Uphill turn escape from Yoko Shiho Gatame

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
109. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
110. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
111. Uphill turn escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
112. Double arm escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
113. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
114. Legs over escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
115. Legs over escape from Kata Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
116. Up hill turn escape from Ushiho Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
117. Leg out escape from Tate Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
118. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
119. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
120. Basic defense against arm locks
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

121. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
122. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
123. Cross face turn over entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
124. Break out entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
125. Swinging knee entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
126. Sleeve pull around entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
127. Double belt pull entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
128. Sumi Gaeshi take down into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
129. Somersault entry for mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Demonstration Perfect Score = 516

Minimum Passing Score = 258 or higher

Actual Score = _____