

Dojo

Date/...../.....

Name

Club

Address

Present Rank

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Date of last Grading/...../.....

Phone Number

Instructor's Signature

Date of Birth/...../.....

Age

Grading Fee \$.....

Contest Points.....

Registration.....

EXAMINATION DETAILS

UKEMI BACK SIDE FRONT DROP FLIP ROLL-UP ROLL-DOWN

NAGE WAZA

SET	Technique	Score	Counter	Combination	SET	Technique	Score	Counter	Combination
1-1	De Ashi Barai				3-5	Hane Goshi			
1-2	Hiza Guruma				3-6	Harai Tsuru Komi Ashi			
1-3	Sasae Tsuru Komi Ashi				3-7	Tomoe Nage			
1-4	Uki Goshi				3-8	Kata Guruma			
1-5	O Soto Gari				4-1	Sumi Gaeshi			
1-6	O Goshi				4-2	Tani Otoshi			
1-7	O Uchi Gari				4-3	Hane Makikomi			
1-8	Seoi Nage				4-4	Suki Nage			
2-1	Ko Soto Gari				4-5	Utsuri Goshi			
2-2	Ko Uchi Gari				4-6	O Guruma			
2-3	Koshi Guruma				4-7	Soto Makikomi			
2-4	Tsuru Komu Goshi				4-8	Uki Otoshi			
2-5	Okuri Ashi Harai				5-1	O Soto Guruma			
2-6	Tai Otoshi				5-2	Uki Waza			
2-7	Harai Goshi				5-3	Yoko Wakare			
2-8	Uchi Mata				5-4	Yoko Guruma			
3-1	Ko Soto Gake				5-5	Ushiro Goshi			
3-2	Tsuru Goshi				5-6	Ura Nage			
3-3	Yoko Otoshi				5-7	Sumi Otoshi			
3-4	Ashi Guruma				5-8	Yoko Gake			

Result

Certificate Number

Examiner's Signature

NCAS/CAF Number.....

EXAMINATION DETAILS

KATAME WAZA

Osaekomi Technique – Hold downs	Score	Escape	Variation
Kesa Gatame – Scarf Hold			
Kuzure Kesa Gatame – Broken Scarf Hold			
Kami Shiho Gatame – Upper Four Quarter Hold			
Kuzure Kami Shiho Gatame – Broken Upper Four Quarter Hold			
Ushiro Kesa Gatame – Reverse Scarf Hold			
Yoko Shiho Gatame – Side Four Quarters Hold			
Kuzure Yoko Shiho Gatame – Broken Side Four Quarters Hold			
Tate Shiho Gatame – Vertical Four Quarters Hold			
Kuzure Tate Shiho Gatame – Broken Four Quarters Hold			
Kata Gatame – Shoulder Hold			

Shime Technique – Strangles	Score	Escape	Variation
Nami Juji Jime – Normal Cross Lock			
Gyaku Juji Jime – Reverse Cross Lock			
Kata Juji Jime - Half Cross Lock			
Hadaka Jime – Naked Arm Lock			
Okuri Eri Jime - Sliding Lapel Lock			
Kata Ha Jime – Single Wing Lock			
Sankaku Jime – Triangular Lock			
Yoko Sankaku Jime – Side Triangular Lock			
Ura Sankaku Jime – Rear Triangular Lock			
Mae Hadaka Jime – Front Triangular Lock			
Ryote Jime – Both Hand Lock			
Sodeguruma Jime – Sleeve Looping Lock			
Tsukomi Jime – Lapel Thrust Lock			

Kansetsu Technique – Joint locks	Score	Escape	Variation
Ude Hishigi Juji Gatame – Cross Armlock			
Ude Garami – Entangled Armlock			
Ude Hishigi Ude Gatame – Elbow Lock			
Ude Hishigi Hiza Gatame – Knee Armlock			
Ashi Garami - Leg Lock			
Ude Hishigi Sankaku Gatame – Triangular Armlock			

Moving past the legs Randori

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Turn-overs Entries

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General knowledge Other:

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