

Sr. Promotion
Revised March 2018
(Miscellaneous Techniques)

Kumi Kata with Tokui Waza

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
0	1	2	3	4	4

Demonstrate variations of your favorite throw using different gripping configurations

Renraku Waza

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	3	4	5	6	7

Demonstrate combination techniques using throws, pins, chokes, and/or arm bars

Kaeshi Waza

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	3	5	5	6	7

Demonstrate counter throws when Uke attacks (examiner select)

Bogyo

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
0	2	3	4	4	5

Demonstrate defenses against a forward throwing attack

Kumi Kata

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	4	4	4	4	5

Demonstrate different gripping forms and their English translation

Kumi Kata breaking

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	4	4	4	4	5

Demonstrate Grip breaking techniques

Hairi Waza

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	4	5	5	5	5

Hands and Knees Top

Sr. Promotion
Revised March 2018
(Miscellaneous Techniques)

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
0	2	4	4	4	4

Hands and Knees Bottom

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
1	3	3	4	6	6

Legs around Top

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
0	1	3	4	4	5

Legs around Bottom

Fusegi

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	3	4	4	4	5

Escape from Kesa-gatame

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	3	4	4	4	4

Escape from Yoko Shiho-gatame

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
2	2	3	3	4	4

Escape from Kami Shiho-gatame

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
1	2	4	4	4	5

Escape from various holds, chokes and arm bars (examiner select)

Miscellaneous Skills

Ukemi

Zarei - Kneeling bow

Ritsueri - Standing bow

Seiza - Sitting on knees and feet

Anza - Sitting cross-legged

Proper tying of belt

Randori - Free practice

Proper folding of judogi Other

Tsugi-ashi - Following foot walking

Ayumi-ashi - Normal walking

Shizen Hontai - Basic natural posture

Jigo Hontai - Basic defensive posture

Migi/Hidari Sabaki - 90 degree right / left turns

Maware - 180 degree turns

Kyoshi - High kneeling Round-off