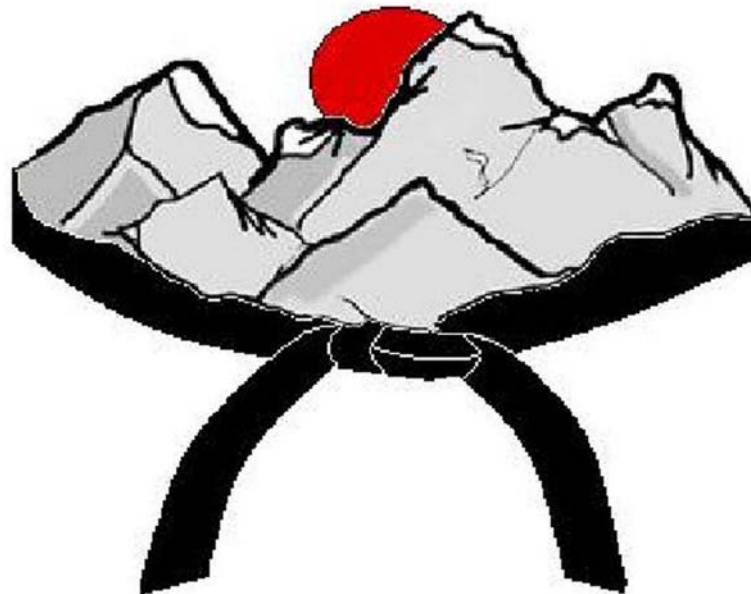


# DENVER JUDO SENIOR RANK REQUIREMENTS

(version 2 – June 2009)

## Denver Judo



## Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record. Record books are available at the dojo.
- Time in grade and points requirements are MINIMUMS.
- All promotions must be approved by a Denver Judo sensei
- Points and time in grade accumulated reset to zero after each promotion.
- You may or may not be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the written exam to be eligible for promotion.
- Practical tests will be scored out of 4 (0 = failing, 1 = poor, 2 = fair, 3 = good, 4 = excellent). You need to average at least 3 to be eligible for promotion.

### How to earn points:

Enter local tournament: 1 point

Enter national tournament: 2 points (E level, Junior Nationals, Junior Olympics, Fall Classic, Ladder Tournament, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals)

Enter international tournament: 3 points (D level or higher, Junior US Open, etc)

Defeat player more than two ranks lower than yours: 0 points

Defeat player one or two ranks lower rank than yours: ½ point

Defeat player with same rank: 1 point

Defeat player 1 rank higher: 1 ½ points (color or dan)

Defeat player 2 ranks higher: 2 points

Defeat player 3 or more ranks higher: 3 points

Keep score or bracket at tournament: 1 point

Referee at tournament: 1 ½ points

Tournament director: 3 points

Enter a local kata tournament: 1 point

Enter a national kata tournament: 2 points

Enter an international kata tournament: 3 points

Kata 1<sup>st</sup> place: 3 points

Kata 2<sup>nd</sup> place: 2 points

Kata 3<sup>rd</sup> place: 1 point

\*Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case by case basis.

**Senior Point Requirements:**

Rokyu (yellow belt): 10 points

Gokyu (orange belt): 15 points

Yonkyu (green belt): 20 points

Sankyu (3<sup>rd</sup> degree brown belt): 30 points

Nikyu (2<sup>nd</sup> degree brown belt): 30 points

Ikkyu (1<sup>st</sup> degree brown belt): 30 points

Shodan and higher – see USA Judo points requirements -

<http://www.coloradojudo.org/2007PromotionRecommendationProcedures.pdf>

**Time in grade Requirements:**

Promotionals will be held 4 times per year: January, April, July, and October. Batsugan (merit) promotions between tests are possible for outstanding performances. Time in grade is generally a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

**Senior Time in Grade:**

Rokyu: 3 months

Gokyu: 3 months (6 months total in judo)

Yonkyu: 6 months (12 months total in judo)

Sankyu: 12 months (24 months total in judo)

Nikyu: 12 months (36 months total in judo)

Ikkyu: 18 months (54 months total in judo)

Shodan: see USA Judo time in grade requirements -

<http://www.coloradojudo.org/2007PromotionRecommendationProcedures.pdf>

**Other Requirements:**

Attitude, Attendance, Participation, Leadership, Upstanding Moral Character

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## Rokyu – Senior Yellow Belt



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### **Nage Waza (Throwing Techniques)**

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm shoulder throw
- Morote seoi nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap

### **Katame Waza (Holding Techniques)**

- Kesa gatame – Scarf hold
- Kata gatame – Shoulder hold
- Bridge and roll escape from kesa gatame

### **Ukemi Waza (Falling Techniques)**

- Zempo Kaiten Ukemi – forward rolling breakfalls
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

### **Vocabulary**

|                                 |                    |
|---------------------------------|--------------------|
| Attention!                      | Kyotsuke!          |
| Bow!                            | Rei!               |
| Begin!                          | Hajime!            |
| Stop!                           | Matte!             |
| Judo school                     | Dojo               |
| Teacher                         | Sensei             |
| Sitting formal style            | Seiza              |
| Sitting cross-legged            | Anza               |
| Normal Walking                  | Ayumi Ashi         |
| Sliding Foot Walking            | Tsugi Ashi         |
| Judo Uniform                    | Judogi             |
| Judo player                     | Judoka             |
| Person performing the technique | Tori               |
| Person receiving the technique  | Uke                |
| Falling method or ways          | Ukemi              |
| Back Falls                      | Koho Ukemi         |
| Forward Rolling Falls           | Zempo Kaiten Ukemi |
| Side Falls                      | Yoko Ukemi         |
| Free practice or sparring       | Randori            |
| Form practice                   | Kata               |

|                    |            |
|--------------------|------------|
| Tournament         | Shiai      |
| Judo Mat           | Tatame     |
| Hold-down!         | Osae Komi! |
| Hold-down broken!  | Toketa!    |
| Full point!        | Ippon!     |
| Half point!        | Waza-ari!  |
| One quarter point! | Yuko!      |
| That is all!       | Sore Made! |

### General Information:

|  |             |
|--|-------------|
| Who was the founder of judo?                     | Jigoro Kano |
| What was the name of the judo school he founded? | The Kodokan |
| What was the date of the founding of judo?       | 1882        |

Name the three parts of a judo throw in Japanese and English:

|         |             |
|---------|-------------|
| Kuzushi | Off-balance |
| Tsukuri | Entrance    |
| Kake    | Execution   |

What are the ordinal numbers from one to ten in Japanese?

|      |        |
|------|--------|
| Ichi | Roku   |
| Ni   | Shichi |
| San  | Hachi  |
| Shi  | Ku     |
| Go   | Ju     |

Attitude, Attendance, Participation

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## Gokyu – Senior Orange Belt



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### **Nage Waza (Throwing Techniques)**

All Rokyū throws performed on the left and right sides.

Koshi Guruma – Headlock hip throw

Uki Goshi – Floating Hip Throw

De Ashi Harai – Advancing foot sweep

Okuri Ashi Harai – Sliding sideways sweep

Tani Otoshi – Counter Throw

### **Katame Waza (Holding Techniques)**

All Rokyū Katame Waza performed on the left and right sides.

Yoko Shiho Gatame – side four corners hold-down

Leg entanglement escape from Yoko Shiho Gatame

Kami Shiho Gatame – upper four corners hold-down

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides

Yoko Ukemi – Side falls

Koho Ukemi – Back falls

### **Vocabulary**

All Rokyū Vocabulary

|                               |                |
|-------------------------------|----------------|
| Minor Penalty                 | Shido          |
| Disqualification              | Hansokumake    |
| Decision!                     | Hantai!        |
| Don't Move!                   | Sono Mama!     |
| Continue!                     | Yoshi!         |
| Fundamental Natural Posture   | Shizen Hontai  |
| Fundamental Defensive Posture | Jigo Hontai    |
| Off balance                   | Kuzushi        |
| Entry into a throw            | Tsukuri        |
| Execution of a throw          | Kake           |
| Sweep                         | Gari           |
| Throwing Techniques           | Nage Waza      |
| Hand                          | Te             |
| Hand Techniques               | Te Waza        |
| Foot                          | Ashi           |
| Foot Techniques               | Ashi Waza      |
| Big or Major                  | O              |
| Small or Minor                | Ko             |
| Hip                           | Goshi or Koshi |

|                                |            |
|--------------------------------|------------|
| Hip Techniques                 | Koshi Waza |
| Outside                        | Soto       |
| Inside                         | Uchi       |
| Internal Force or energy       | Ki         |
| Shout to gather inner strength | Kiai       |

**General Information:**

All Rokyū questions.

Name the two divisions of techniques in judo:

Nage Waza – Throwing Techniques

Katame Waza – Ground Techniques

Name the four divisions of standing techniques in judo:

Koshi Waza – Hip Techniques

Te Waza – Hand Techniques

Sutemi Waza – Sacrifice Techniques

Ashi Waza – Foot techniques

Name the three divisions of ground techniques in judo:

Osae Waza – pinning techniques

Shime Waza – choking techniques

Kansetsu Waza – arm-locking techniques

Attitude, Attendance, Participation, Leadership

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## Yonkyu – Senior Green Belt



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### Nage Waza (Throwing Techniques)

All Rokyū and Gokyū techniques performed on the left and right sides.

Hiza Guruma – Knee Wheel

Harai Goshi – Sweeping Hip Throw

Tai Otoshi – Body Drop

Sasae Tsurikomi Ashi – Lower prop stop foot sweep

Ko Soto Gari – Small outside sweep

### Katame Waza (Holding Techniques)

All Rokyū and Gokyū techniques performed on the left and right sides.

Tate Shiho Gatame – Lower four corners hold-down

Uphill escape from Kesa Gatame

### Ukemi Waza (Falling Techniques)

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Koho Ukemi – Back falls

### Vocabulary

All Rokyū and Gokyū Vocabulary

Favorite Technique

Class of belt ranks in judo below black belt

Degree in the black belt ranks

Holder of any black belt rank

Holder of any rank lower than black belt

Repetitive attack practice without throwing

Repetitive throwing practice without resistance

Kneeling Bow

Standing Bow

Knee

Wheel

Side

Tokui Waza

Kyū grades

Dan

Yudansha

Mudansha

Uchi Komi

Nage Komi

Zarei

Ritsurei

Hiza

Guruma

Shiho

### General Knowledge

All Rokyū and Gokyū questions

What are the two principals of judo as defined by Dr. Kano

Mutual Benefit and Welfare – Jita Kyoei

Maximum Efficiency- Seiryoku Zenyo

What year was judo introduced into the Olympics for men?

1964

What year was judo introduced into the Olympics for women?

1992

Who were the four members of the first Olympic team?

Paul Muruyama  
Jim Bregman  
George Harris  
Ben Nighthorse Campbell

Attitude, Attendance, Participation, Leadership

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## Sankyu – Senior Brown Belt 3<sup>rd</sup> degree



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### **Nage Waza (Throwing Techniques)**

All Rokyū, Gokyū, and Yonkyū techniques performed on the left and right sides.

Tomoe Nage – Circle Throw

Sode Tsuru Komi Goshi – Sleeve-tip Hip Throw

Morote Gari – double leg grab

Hane Goshi – Spring Hip Throw

Uchi Mata – Inner Thigh Sweep

### **Katame Waza (Holding Techniques)**

All Rokyū, Gokyū, and Yonkyū techniques performed on the left and right sides.

Sankaku Gatame – figure four leg hold down

Ushiro Kesa Gatame – Reverse Kesa Gatame

### **Shime Waza (Choking Techniques)**

Nami Juji Jime - Normal cross choke (thumbs inside)

Gyaku Juji Jime – Reverse cross choke (fingers inside)

### **Ukemi Waza (Falling Techniques)**

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Koho Ukemi – Back falls

### **Nage no Kata**

First 2 sets of Nage no Kata

### **Vocabulary**

All Rokyū, Gokyū, and Yonkyū Vocabulary

Third Degree Mudansha Rank                      Sankyu

Second Degree Mudansha Rank                      Nikyu

First Degree Mudansha Rank                      Ikkyu

First Degree Black Belt Rank                      Shodan

Second Degree Black Belt Rank                      Nidan

Third Degree Black Belt Rank                      Sandan

Fourth Degree Black Belt Rank                      Yodan

Fifth Degree Black Belt Rank                      Godan

Sixth Degree Black Belt Rank                      Rokudan

Seventh Degree Black Belt Rank                      Shichidan

Eighth Degree Black Belt Rank                      Hachidan

Ninth Degree Black Belt Rank                      Kudan

Tenth Degree Black Belt Rank                      Judan

|  |            |
|--|------------|
| Instantaneous promotion                        | Batsugan   |
| Striking Techniques                            | Atemi Waza |
| Judo Belt                                      | Obi        |
| Illegal act of locking the body with your legs | Do Jime    |
| I surrender!                                   | Maitta!    |
| Standard Gripping                              | Kumi Kata  |
| Judogi measuring device                        | Sokuteiki  |

### **General Knowledge**

All Rokyu, Gokyu, and Yonkyu Questions

Who was the first American woman to win a gold medal at the World Championships and in what year?

Annmaria Burns – 1984

Who was the first American man to win a gold medal at the World Championships and in what year?

Mike Swain – 1987

What are the five divisions of the nage no kata?

Te Waza – Hand Techniques

Koshi Waza – Hip Techniques

Ashi Waza – Foot Techniques

Ma Sutemi Waza – Rear Sacrifice Techniques

Yoko Sutemi Waza – Side Sacrifice Techniques

Attitude, Attendance, Participation, Leadership, Teaching Ability

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## Nikyu – Senior Brown Belt 2<sup>nd</sup> Degree



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### **Nage Waza (Throwing Techniques)**

All previous nage waza performed on both the left and right sides.

Soto Maki Komi – Winding Throw

Kata Guruma – Shoulder Wheel

Te Guruma – Hand Wheel

Sumi Gaeshi – Side Sacrifice Throw

### **Katame Waza (Holding Techniques)**

All previous katame waza performed on both the left and right sides.

### **Shime Waza (Choking Techniques)**

All previous shime waza

Kata Juji Jime – Half cross choke (fingers in on one hand, thumb in on the other)

Okuri Eri Jime – Sliding lapel choke

### **Kansetsu Waza (Arm Locking Techniques)**

Ude garami – Bent armlock

Ude Gatame – Upper Cross armlock

Juji Gatame – Cross armlock

### **Ukemi Waza**

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Koho Ukemi – Back falls

### **Nage no Kata**

First 3 sets of Nage no Kata

### **Vocabulary**

All previous vocabulary

Winner stays up competition

Kohaku

Elimination tournament

Tentori

Methods of resuscitation

Kappo

### **General Knowledge**

All previous questions

What are the five divisions of the nage no kata and the techniques that comprise them?

Te Waza – Hand Techniques

Uke Otoshi

Seoi Nage

Kata Guruma  
Koshi Waza – Hip Techniques  
Uke Goshi  
Harai Goshi  
Tsurkomi Goshi  
Ashi Waza – Foot Techniques  
Okuri Ashi Harai  
Sasae Tsurikomi Ashi  
Uchi Mata  
Ma Sutemi Waza – Rear Sacrifice Techniques  
Tomoe Nage  
Ura Nage  
Sumi Gaeshi  
Yoko Sutemi Waza – Side Sacrifice Techniques  
Yoko Gake  
Yoko Guruma  
Uki Waza

What are the three divisions of the katame no kata?

Katame Waza – Holding techniques  
Shime Waza – Choking techniques  
Kansetsu Waza – Armlocking Techniques

Attitude, Attendance, Participation, Leadership, Teaching Ability

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## Ikkyu – Senior Brown Belt 1<sup>st</sup> Degree



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### **Nage Waza (Throwing Techniques)**

All previous nage waza performed on both the left and right sides.

Uki Otoshi – Floating Drop

Yoko Guruma - Side Wheel

Morote Gari – Double Leg Grab

Combination Throws

### **Katame Waza (Holding Techniques)**

All previous katame waza performed on both the left and right sides.

### **Shime Waza**

All previous shime waza.

Hadaka Jime – Naked strangle

Kata Ha Jime – Single wing choke

### **Kansetsu Waza**

All previous kansetsu waza

Hiza Gatame – Knee armlock

Waki Gatame – Side arm crush

### **Ukemi Waza**

Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet

Yoko Ukemi – Side falls

Koho Ukemi – Back falls

### **Nage No Kata**

All five sets of Nage no Kata

### **Vocabulary**

All previous vocabulary

### **General Knowledge**

All previous questions

What are the three divisions of Katame No Kata and the techniques that comprise them?

Katame Waza – Holding techniques

Kesa Gatame

Kata Gatame

Kami Shiho Gatame

Yoko Shiho Gatame

Kuzure Kami Shiho Gatame

Shime Waza – Choking techniques

Kata Juji Jime

Hadaka Jime

Okuri Eri Jime

Kataha Jime

Gyaku Juji Jime

Kansetsu Waza – Armlocking Techniques

Ude Garami

Juji Gatame

Ude Gatame

Hiza Gatame

Ashi Garame

Be able to demonstrate the referee hand signals and calls for the following:

Hajime!

Matte!

Sore Made!

Osae Komi!

Toketa!

Shido for stalling

Shido for false attack

Shido for stepping out of bounds

Yuko

Waza Ari

Ippon

Attitude, Attendance, Participation, Leadership, Teaching Ability

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**Denver Judo Senior Rank Exam**  
**(v. 2 1/2009)**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Rank Testing for: \_\_\_\_\_

**ROKYU**

Section 1:

Please provide the Japanese Translations for the following:

1. Attention \_\_\_\_\_
2. Bow \_\_\_\_\_
3. Begin! \_\_\_\_\_
4. Stop! \_\_\_\_\_
5. Judo school \_\_\_\_\_
6. Teacher \_\_\_\_\_
7. Sitting formal style \_\_\_\_\_
8. Sitting cross-legged \_\_\_\_\_
9. Normal walking \_\_\_\_\_
10. Sliding foot walking \_\_\_\_\_
11. Judo uniform \_\_\_\_\_
12. Judo player \_\_\_\_\_
13. Person performing the technique \_\_\_\_\_
14. Person receiving the technique \_\_\_\_\_
15. Falling methods or ways \_\_\_\_\_
16. Back falls \_\_\_\_\_
17. Side falls \_\_\_\_\_
18. Forward rolling falls \_\_\_\_\_
19. Free practice or sparring \_\_\_\_\_
20. Form practice \_\_\_\_\_
21. Tournament \_\_\_\_\_
22. Judo mat \_\_\_\_\_
23. Hold-down! \_\_\_\_\_
24. Hold-down broken! \_\_\_\_\_
25. Full point! \_\_\_\_\_
26. Half point! \_\_\_\_\_
27. One quarter point! \_\_\_\_\_
28. That is all! \_\_\_\_\_

Section 2:

1. Who was the founder of judo? \_\_\_\_\_
2. What was the name of the judo school he founded? \_\_\_\_\_
3. What was the date of the founding of judo? \_\_\_\_\_
4. Name the three parts of a judo throw in Japanese and English:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
5. What are the ordinal number from one to ten in Japanese?

- |         |          |
|---------|----------|
| 1 _____ | 6 _____  |
| 2 _____ | 7 _____  |
| 3 _____ | 8 _____  |
| 4 _____ | 9 _____  |
| 5 _____ | 10 _____ |

Score: \_\_\_\_\_/47



**IF YOU ARE TESTING FOR ROKYU, STOP HERE!**

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## GOKYU

### Section 1:

Please provide the Japanese Translations for the following:

1. Minor Penalty \_\_\_\_\_
2. Disqualification \_\_\_\_\_
3. Decision! \_\_\_\_\_
4. Don't move! \_\_\_\_\_
5. Continue! \_\_\_\_\_
6. Fundamental natural posture \_\_\_\_\_
7. Fundamental defensive posture \_\_\_\_\_
8. Off balance \_\_\_\_\_
9. Entry into a throw \_\_\_\_\_
10. Execution of a throw \_\_\_\_\_
11. Sweep \_\_\_\_\_
12. Throwing Techniques \_\_\_\_\_
13. Hand \_\_\_\_\_
14. Hand Techniques \_\_\_\_\_
15. Foot \_\_\_\_\_
16. Foot Techniques \_\_\_\_\_
17. Big or Major \_\_\_\_\_
18. Small or Minor \_\_\_\_\_
19. Hip \_\_\_\_\_
20. Hip Techniques \_\_\_\_\_
21. Outside \_\_\_\_\_
22. Inside \_\_\_\_\_
23. Internal force or energy \_\_\_\_\_
24. Shout to gather inner strength \_\_\_\_\_

### Section 2:

1. Name the two divisions of techniques in judo in Japanese and English:

- a) \_\_\_\_\_
- b) \_\_\_\_\_

2. Name the four divisions of standing techniques in judo in Japanese and English:

- a) \_\_\_\_\_

- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

3. Name the three divisions of ground techniques in judo in Japanese and English:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

Score: \_\_\_\_\_/42



**IF YOU ARE TESTING FOR GOKYU, STOP HERE!**

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## YONKYU

### Section 1:

Please provide the Japanese Translations for the following:

1. Favorite technique \_\_\_\_\_
2. Class of belt ranks in judo below black belt \_\_\_\_\_
3. Degree in the black belt ranks \_\_\_\_\_
4. Holder of any black belt rank \_\_\_\_\_
5. Holder of any rank below black belt \_\_\_\_\_
6. Repetitive attack practice without throwing \_\_\_\_\_
7. Repetitive throwing practice without resistance \_\_\_\_\_
8. Kneeling bow \_\_\_\_\_
9. Standing bow \_\_\_\_\_
10. Knee \_\_\_\_\_
11. Wheel \_\_\_\_\_
12. Side \_\_\_\_\_

### Section 2:

1. What are the two principals of judo as defined by Dr. Kano (in English and Japanese)?

- a) \_\_\_\_\_
- b) \_\_\_\_\_

2. What year was judo introduced into the Olympics for men? \_\_\_\_\_

3. What year was judo introduced into the Olympics for women? \_\_\_\_\_

14. Who were the four members of the first US Olympic team?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

Score: \_\_\_\_\_/22



**IF YOU ARE TESTING FOR YONKYU, STOP HERE!**

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## SANKYU

### Section 1:

Please provide the Japanese Translations for the following:

1. Third Degree Mudansha Rank \_\_\_\_\_
2. Second Degree Mudansha Rank \_\_\_\_\_
3. First Degree Mudansha Rank \_\_\_\_\_
4. First Degree Yudansha Rank \_\_\_\_\_
5. Second Degree Yudansha Rank \_\_\_\_\_
6. Third Degree Yudansha Rank \_\_\_\_\_
7. Fourth Degree Yudansha Rank \_\_\_\_\_
8. Fifth Degree Yudansha Rank \_\_\_\_\_
9. Sixth Degree Yudansha Rank \_\_\_\_\_
10. Seventh Degree Yudansha Rank \_\_\_\_\_
11. Eighth Degree Yudansha Rank \_\_\_\_\_
12. Ninth Degree Yudansha Rank \_\_\_\_\_
13. Tenth Degree Yudansha Rank \_\_\_\_\_
14. Instantaneous promotion \_\_\_\_\_
15. Striking Techniques \_\_\_\_\_
16. Judo belt \_\_\_\_\_
17. Illegal act of locking the body with your legs \_\_\_\_\_
18. I surrender! \_\_\_\_\_
19. Standard gripping \_\_\_\_\_
20. Judogi measuring device: \_\_\_\_\_

### Section 2:

1. Who was the first American woman to win a gold medal at the World Championships and in what year? \_\_\_\_\_
2. Who was the first American man to win a gold medal at the World Championships and in what year? \_\_\_\_\_
3. What are the five divisions of the nage no kata in English and Japanese?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_

Score: \_\_\_\_\_/32



**IF YOU ARE TESTING FOR SANKYU, STOP HERE!**

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**NIKYU**

**Section 1:**

Please provide the Japanese Translations for the following:

1. Winner stays up competition \_\_\_\_\_
2. Elimination tournament \_\_\_\_\_
3. Methods of resuscitation \_\_\_\_\_

**Section 2:**

1. What are the five divisions of the nage no kata and the techniques that comprise them?

- a) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
- b) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
- c) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
- d) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
- e) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_

2. What are the three divisions of the katame no kata (in English and Japanese)?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**Score:** \_\_\_\_\_/29



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**IF YOU ARE TESTING FOR NIKYU, STOP HERE!**

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**IKKYU**

1. What are the three division of katame no kata ad the techniques that comprise them?

- a) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
  - iv) \_\_\_\_\_
  - v) \_\_\_\_\_
- b) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
  - iv) \_\_\_\_\_
  - v) \_\_\_\_\_
- c) \_\_\_\_\_
  - i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
  - iv) \_\_\_\_\_
  - v) \_\_\_\_\_

Score: \_\_\_\_\_/18

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TOTAL SCORE:

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