

CCSF Requirements Black Belts

You must complete 5 new techniques from previous test period.

Test Go-Kyo-No-Waza			
1. Demonstrate the minimum of 4 throws in the 1 st Kyo , 2 nd Kyo, 3 rd Kyo, 4 th Kyo and 5 th Kyo			
2. Techniques will be judged according to the 3 elements: <u>Kuzushi</u> , <u>Tsukuri</u> , <u>Take</u> .			
Name:			Date:
1st Kyo			
P	F	I	1st Kyo
			De-Ashi-Barai
			Hiza-Guruma
			Sasae Tsuru Komi Ashi
			Uki Goshi
			O Soto Gari
			O Goshi
			O Uchi Gari
			Seoiage:Ippon/Morote
4th Kyo			
P	F	I	4th Kyo
			Sumi Gaeshi
			Tani Otoshi
			Hane Maki Komi
			Sukui Nage
			Utsuri Goshi
			O Guruma
			Soto Maki Komi
			Uki Otoshi
2nd Kyo			
P	F	I	2nd Kyo
			Ko Soto Gari
			Ko Uchi Gari
			Koshi Guruma
			Tsuru Komi Goshi
			Okuri Ashi Harai
			Tai Otoshi
			Harai Goshi
			Uchi Mata
5th Kyo			
P	F	I	5th Kyo
			O Soto Guruma
			Uki Waza
			Yoko Wakare
			Yoko Guruma
			Ushiro Goshi
			Ura Nage
			Sumi Otoshi
			Yoko Gake
3rd Kyo			
P	F	I	3rd Kyo
			Ko Soto Gake
			Tsuru Goshi
			Yoko Otoshi
			Ashi Guruma
			Hane Goshi
			Harai Tsuru Komi Ashi
			Tomoe Nage
			Kata Guruma
6 combinations			
P	F	I	6 combinations
			1 st Combination
			2 nd Combination
			3 rd Combination
			4 th Combination
			5 th Combination
			6 th Combination

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Shime-Waza						
P	F	I	Demonstrate	P	F	I
			Tsukkomi Jime			
			Nami Juji Jime			
			Kataha Jime			
						Demonstrate 3 applications (how to enter into) for each shime waza
						Okuri-eri-jime
						Hadaka jime
						Kata Juji Jime

Osae Waza Techniques									
Demonstrate technique and escapes for each									
Demonstrate			Technique	Escape			P	F	I
P	F	I		P	F	I			
			Kesa- Gatame						
			Kami Shiho Gatame						
			Yoko Shiho Gatame						
			Kata Gatame						
			Tate Shiho Gatame						
			Kuzure-Kesa- Gatame						
			Kuzuri Kami Shiho Gatame						
P	F	I	Sankaku Series						
			Application to Shimewaza						
			Application to Ne-waza						
			Application to Kansetsu-waza						
							P	F	I
							Entering through legs when opponent is on Back		
									1.
									2.
									3.
									Turning techniques when opponent is on knees and elbows
									1.
									2.
									3.

Kansetsu-Waza						
P	F	I	Demonstrate 2 applications from a throw or pin	P	F	I
			1. Ude Garami			
			2. Ude Garami			
						Demonstrate 2 applications from a throw or pin
						1. Ude Hishigi Juji Gatame
						2. Ude Hishigi Juji Gatame
P	F	I	Demonstrate 2 applications from a throw or pin	P	F	I
			1. Ude Hishigi Ude Gatame			
			2. Ude Hishigi Ude Gatame			
						Demonstrate 2 applications from a throw or pin
						1. Ude Hishigi Hiza Gatame
						2. Ude Hishigi Hiza Gatame