

CCSF Requirements Black Belts

Michael Smith:

| | | | | | | | | | |
|----------|------|--|--|--|--|--|--|--|--|
| X | 2/11 | | | | | | | | |
|----------|------|--|--|--|--|--|--|--|--|

Test Go-Kyo-No-Waza

1. Demonstrate the minimum of 4 throws in the 1st Kyo , 2nd Kyo, 3rd Kyo, 4th Kyo and 5th Kyo
2. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

Name: _____ Date: _____

| P | F | I | 1st Kyo | P | F | I | 4th Kyo |
|----------|---|---|-----------------------|---|---|---|---|
| X | | | De-Ashi-Barai | | | | Sumi Gaeshi |
| X | | | Hiza-Guruma | | | | Tani Otoshi |
| X | | | Sasae Tsuru Komi Ashi | | | | Hane Maki Komi |
| X | | | Uki Goshi | | | | Sukui Nage |
| X | | | O Soto Gari | | | | Utsuri Goshi |
| X | | | O Goshi | | | | O Guruma |
| X | | | O Uchi Gari | | | | Soto Maki Komi |
| X | | | Seoiage: Ippon/Morote | | | | Uki Otoshi |
| P | F | I | 2nd Kyo | P | F | I | 5th Kyo |
| X | | | Ko Soto Gari | | | | O Soto Guruma |
| X | | | Ko Uchi Gari | | | | Uki Waza |
| X | | | Koshi Guruma | | | | Yoko Wakare |
| X | | | Tsuru Komi Goshi | | | | Yoko Guruma |
| X | | | Okuri Ashi Harai | | | | Ushiro Goshi |
| X | | | Tai Otoshi | | | | Ura Nage |
| X | | | Harai Goshi | | | | Sumi Otoshi |
| X | | | Uchi Mata | | | | Yoko Gake |
| P | F | I | 3rd Kyo | P | F | I | End of 5 th week 6 combinations |
| X | | | Ko Soto Gake | | | | |
| | | | Tsuru Goshi | | | | 1 st Combination |
| | | | Yoko Otoshi | | | | 2 nd Combination |
| | | | Ashi Guruma | | | | 3 rd Combination |
| | | | Hane Goshi | | | | 4 th Combination |
| | | | Harai Tsuru Komi Ashi | | | | 5 th Combination |
| | | | Tomoe Nage | | | | 6 th Combination |
| | | | Kata Guruma | | | | |

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| Shime-Waza | | | | | | |
|------------|---|---|----------------|---|---|--|
| P | F | I | Demonstrate | P | F | I |
| | | | Tsukkomi Jime | | | Demonstrate 3 applications (how to enter into) for each shime waza |
| | | | Nami Juji Jime | | | |
| | | | Kataha Jime | | | |
| | | | | | | |
| | | | | | | 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 |
| ✗ | | | 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 | | | Demonstrate 2 applications from a throw or pin |
| | | | 2. Ude Garami | | | |
| | | | | | | 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 | | | Demonstrate 2 applications from a throw or pin |
| | | | 2. Ude Hishigi Ude Gatame | | | |
| | | | | | | 1. Ude Hishigi Hiza Gatame |
| | | | | | | 2. Ude Hishigi Hiza Gatame |