

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

Grading will be on a Pass/Fail. You must score above 90% to pass.

## **Shodan: Black Belt; 1<sup>st</sup> Degree**

### 1. General knowledge (15 pts.)

1. What is the purpose of Ukemi? \_\_\_\_\_  
\_\_\_\_\_

2. Who was the founder of Judo? \_\_\_\_\_

3. What is the name of the school he founded? \_\_\_\_\_

4. What is the date of the founding of Judo? \_\_\_\_\_

5. What are the three major divisions of Judo techniques? 1. \_\_\_\_\_  
2. \_\_\_\_\_, 3. \_\_\_\_\_

6. What is the ultimate goal of Judo practice?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. What is the Gokyu no waza?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 8. Match the English and Japanese terminology

- |                    |                  |
|--------------------|------------------|
| 1. Off Balance     | _____ Kake       |
| 2. Entry           | _____ Kuzushi    |
| 3. Execution       | _____ Te Waza    |
| 4. Hip techniques  | _____ Tsukuri    |
| 5. Hand techniques | _____ Ashi Waza  |
| 6. Leg techniques  | _____ Koshi-Waza |

## Demonstration Test

Examiner: \_\_\_\_\_

### **Nage Waza: Throwing Techniques** (14 pts.)

Question: Demonstrate the following techniques?

**\*Required**

**Choose additional 7 throws from the list**

**Pass/ Fail/Improvement needed** (Place the appropriate initial in the space provided)

Based on Kuzushi, Tsukuri, Kake

	<b>*<u>Kosoto gake</u></b>
	<b>*<u>Kosoto gari</u></b>
	<b>*<u>Koshi guruma</u></b>
	<b>*<u>Hane goshi</u></b>
	<b>*<u>Sukui nage</u></b>
	<b>*<u>Kata guruma</u></b>
	<b>*<u>Tomoe nage</u></b>
	Osoto otoshi
	Osoto guruma
	Hane goshi
	Morote sei nage
	Ippon sei nage
	Tai otoshi
	O-Soto-Gari
	Hiza guruma
	Okuri-ashi barai
	Deashi-barai
	Ogoshi
	Kouchi gari
	Ouchi gari
	Tsurikomi goshi
	Uki goshi
	Harai goshi
	Sasae tsuri komi ashi
	Harai tsuri komi ashi
	Koshi guruma
	Sode tsuri komi goshi
	Tai otoshi to kosoto gari

## Osae Waza-Holding Techniques (5 pts)

**\*Required**

**Choose 3 additional Osae waza techniques**

Pass/ Fail/Improvement needed (Place the appropriate initial in the space provided)

	<b><u>*Tate shiho gatame</u></b>
	Hongesa- Gatame
	Kuzure-kesa- Gatame
	Kami shiho gatame
	<b><u>*Yoko shiho gatame</u></b>
	Kata gatame
	Kuzuri kami shiho gatame
	Ushiro kesa gatame
	Makura kesa gatame

## Shime-Waza (3 pts.)

Question: Demonstrate the following shime waza?

**\*Required**

**Choose 2 additional shime waza techniques**

Pass/ Fail /Improvement needed

	<b><u>*Nami juji jime</u></b>
	Gyaku juji jime
	Hadaka jime
	Okuri eri jime
	Kataha jime

## Kansetsu Waza (1pt.)

Question: Demonstrate the following kansetsu waza?

Pass/ Fail /Improvement needed

	<b><u>*Ude hishigi juji gatame</u></b>
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## Nage no kata (12 pts.)

	<b><u>Nage no kata; First 3 sets</u></b>
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50 pts. Possible    Score: \_\_\_\_\_

Passing score 90%: 45 pts. and higher