

Seidokwan Academy of Judo Grading Form

Candidate: _____ Current Rank: _____ Age: _____

Date of Registration _____ Last Grading: _____ Attendance: _____ Grading fees \$ ___ Paid? (Y/N) ___

Competitions _____

Uke: _____ Rank: _____ Kyu: _____ Stripes _____

Grading to be marked on a scale of 0 - 5 / Terminology to use check mark (√)

ROKU-KYU GO-KYU

- | | | |
|---|-------|-------|
| 1. Ippon-seoi-nage | _____ | |
| 2. O-goshi | _____ | |
| 3. O-soto-gari | _____ | |
| 4. O-uchi-gari | _____ | |
| 5. Kesa-gatame / escapes (5) | _____ | _____ |
| 6. Kata-gatame / escapes (2) | _____ | _____ |
| 7. <i>Tsuri-goshi (Ko)</i> | _____ | |
| 8. <i>De-ashi-barai</i> | _____ | |
| 9. <i>Sasae-tsuri-komi-ashi</i> | _____ | |
| 10. <i>Kuzure-kesa-gatame / escapes (3)</i> | _____ | _____ |
| 11. <i>Kami-shiho-gatame / escapes (2)</i> | _____ | _____ |
| 12. <i>Yoko-shiho-gatame / escapes (2)</i> | _____ | _____ |
| 13. <i>Tie Obi / Belt (all stripes)</i> | _____ | |

GO-KYU YON-KYU

- | | | |
|---|-------|-------|
| 1. Ko-uchi-gari | _____ | |
| 2. Ko-soto-gari | _____ | |
| 3. Uki-goshi | _____ | |
| 4. Koshi-guruma | _____ | |
| 5. Kuzure-kami-shiho-gatame / escapes (2) | _____ | _____ |
| 6. <i>Okuri-ashi-barai</i> | _____ | |
| 7. <i>Hiza-guruma</i> | _____ | |
| 8. <i>Tai-otoshi</i> | _____ | |
| 9. <i>Morote-seoi-nage</i> | _____ | |
| 10. <i>Tate-shiho-gatame / escapes (2)</i> | _____ | _____ |
| 11. <i>Kuzure-tate-shiho-gatame / escapes (2)</i> | _____ | _____ |
| 12. <i>Kuzure-yoko-shiho-gatame / escapes (2)</i> | _____ | _____ |
| 13. <i>Ushiro-kesa-gatame / Escapes (2)</i> | _____ | _____ |

Requirements 1 stripes, 2 or 3 stripes or next belt level in italics

YON-KYU SAN-KYU

- | | | |
|---|-------|-------|
| 1. Tsuri-goshi (O) | _____ | |
| 2. Tsuri-komi-goshi | _____ | |
| 3. Sode-tsuri-komi-goshi | _____ | |
| 4. Harai-goshi | _____ | |
| 5. Hane-goshi | _____ | |
| 6. Ashi-guruma | _____ | |
| 7. Uchi-mata | _____ | |
| 8. Ko-soto-gake | _____ | |
| 9. Ushiro-goshi | _____ | |
| 10. Tomoe-nage | _____ | |
| 11. <i>Nami-juji-jime / Gyaku-juji-jime</i> | _____ | _____ |
| 12. <i>Kata-juji-jime</i> | _____ | |
| 13. <i>Okuri-eri-jime</i> | _____ | |
| 14. <i>Kata-ha-jime</i> | _____ | |
| 15. <i>Sankaku-jime</i> | _____ | |
| 16. <i>Ude-garami</i> | _____ | |
| 17. <i>Ude-hishigi-juji-gatame</i> | _____ | |
| 18. <i>Ude-hishigi-sankaku-gatame</i> | _____ | |
| 19. <i>Renraku-waza</i> | _____ | |

Remarks _____

NI-KYU

- | | | |
|------------------------------------|-------|--|
| 1. O-soto-guruma | _____ | |
| 2. O-guruma | _____ | |
| 3. Harai-tsuri-komi-ashi | _____ | |
| 4. O-soto-otoshi | _____ | |
| 5. Uki-otoshi | _____ | |
| 6. Kata-guruma | _____ | |
| 7. Sukui-nage | _____ | |
| 8. Sumi-gaeshi | _____ | |
| 9. Soto-maki-komi | _____ | |
| 10. Utsuri-goshi | _____ | |
| 11. Seoi -otoshi | _____ | |
| 12. <i>Hadaka-jime</i> | _____ | |
| 13. <i>Ude-hishigi-ude-gatame</i> | _____ | |
| 14. <i>Ude-hishigi-hiza-gatame</i> | _____ | |
| 15. <i>Ude-hishigi-waki-gatame</i> | _____ | |
| 16. <i>Ude-hishigi-hara-gatame</i> | _____ | |
| 17. <i>Renraku-waza</i> | _____ | |

Remarks: _____

UKEMI: Zenpo-kaiten migi _____ Side-to-side migi _____ Yoko migi _____ Arm migi _____ Ushiro _____
 hidari _____ hidari _____ hidari _____ hidari _____

Randori _____

Terminology

Candidate: _____

Rok-kyu

- | | |
|-----------------------------------|------------------------------|
| 1. Dr. Jigoro Kano / Shihan _____ | 18. Migi _____ |
| 2. Judo _____ | 19. Hidari _____ |
| 3. Dojo _____ | 20. Kumi-kata _____ |
| 4. Sensei _____ | 21. Tatte _____ |
| 5. Tatami _____ | 22. Randori _____ |
| 6. Kyo-tsuke _____ | 23. Hajime _____ |
| 7. Sei-retsu _____ | 24. Matte _____ |
| 8. Seiza / Anza _____ | 25. Sore-made _____ |
| 9. Junbi-taiso _____ | 26. Kuzushi _____ |
| 10. Rei _____ | 27. Uchi-komi _____ |
| 11. Judogi _____ | 28. Kake _____ |
| 12. Uwagi _____ | 29. Ukemi _____ |
| 13. Zubon _____ | 30. Zempo-kaiten-ukemi _____ |
| 14. Obi _____ | 31. Yoko-ukemi _____ |
| 15. Sode _____ | 32. Ushiro-ukemi _____ |
| 16. Eri _____ | 33. Waza _____ |
| 17. Zoori _____ | 34. Ichi, ni, san _____ |

Go-kyu Yon-kyu

- | | |
|---------------------------------|--------------------------------|
| 1. Tori _____ | 15. Shi-ai _____ |
| 2. Uke _____ | 16. Ippon _____ |
| 3. Tachi-waza _____ | 17. Wazari _____ |
| 4. Ashi-waza _____ | 18. Wazari-Awazete-ippun _____ |
| 5. Koshi-waza _____ | 19. Yuko _____ |
| 6. Te-waza _____ | 20. Osae-komi _____ |
| 7. Sutemi-waza / Ma/ Yoko _____ | 21. Toketa _____ |
| 8. Katame-waza _____ | 22. Sonomama _____ |
| 9. Osae-waza _____ | 23. Yoshi _____ |
| 10. Ne-waza _____ | 24. Shido _____ |
| 11. Shime-waza _____ | 25. Hansoku-make _____ |
| 12. Kansetsu-waza _____ | 26. Hantei _____ |
| 13. Renraku-waza _____ | 27. Yusei-gachi _____ |
| 14. Kaeshi-waza _____ | 28. Ki-ai _____ |

San-kyu Ni-kyu

- | | |
|------------------------------|--------------------------------|
| 1. Ritsu-rei _____ | 9. Kuzure _____ |
| 2. Zarei _____ | 10. Kata _____ |
| 3. Suri-ashi _____ | 11. Mae / Ushiro _____ |
| 4. Tsugi-Ashi _____ | 12. Yoko _____ |
| 5. Ayumi-ashi _____ | 13. Shomen-ni-rei _____ |
| 6. Tsukure _____ | 14. Sensei-ni-rei _____ |
| 7. Tai-sabaki _____ | 15. Otagai-ni-rei _____ |
| 8. Shizentai / Jigotai _____ | 16. Mokuso / Mokuso-yame _____ |

EXAMINATION RESULTS

Knowledge: Needs improvement Good Very Good Attitude: Poor Good Very Good

Comments _____

Promotion to Rank: _____ kyu _____ Stripes _____ Non-Promotion (√) _____ Retest in (m/y) _____

Examiner _____ Date _____