

Chicago Tenri Judo Dojo
Senior Promotion Exam: Sankyu (3rd Brown) to Nikyu (2nd Brown)

Name: _____
Date: _____ USA Judo #: _____

Principles of Judo

Name the two principles of judo in English and Japanese: _____

Name the eight moral codes of judo: _____

Give an example of how one of the moral codes of judo can be demonstrated either on the mat or in everyday life: _____

Kata

Nage-no-kata first three sets: _____

Instructor Use Only			
Pass/Fail: _____	Tester Name: _____		
Current Belt Size: _____	Needs larger size? _____	Yes	No
Notes: _____	_____		

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Techniques

Tachiwaza		Newaza	
Ippon Seoi Nage		Kesa Gatame	
O Goshi		Two escapes from Kesa Gatame	
O Soto Gari		Kata Gatame	
Morote Seoi Nage		Two escapes from Kata Gatame	
Ko Uchi Gari		Yoko Shiho Gatame	
Koshi Guruma		Two escapes from Yoko Shiho Gatame	
De Ashi Barai		Elbow scoop turnover into pin	
Uki Goshi		Half nelson turnover into pin	
Ko Soto Gari		Kami Shiho Gatame	
Tai Otoshi		One escape from Kami Shiho Gatame	
Sasae Tsurikomi Ashi		Tate Shiho Gatame	
Hiza Guruma		One escape from Tate Shiho Gatame	
Harai Goshi		Ushiro Kesa Gatame	
Okuri Ashi Barai		Three turnovers into pin from turtle	
Tsurikomi Goshi		Three turnovers into pin from flat	
Sode Tsurikomi Goshi		Hadaka Jime	
Uchi Mata		Okuri Eri Jime	
Combination 1		Ude Hishigi Juji Gatame	
Combination 2			
Combination 3			
Counter 1			
Counter 2			
Counter 3			
Demonstrate Tokui Waza			

Instructor Use Only

Notes:
