

Chicago Tenri Judo Dojo
Senior Promotion Exam: Yellow to Orange

Name: _____
Date: _____

shiai	tachiwaza	newaza	tokui waza	uchikomi
migi	hidari	yoko	ushiro	mae
tori	uke			

Pick a matching term from the box:

Tournament: _____
Left: _____
Person receiving a technique: _____
Side: _____
Front: _____
Person applying a technique: _____
Standing technique: _____
Right: _____
Ground technique: _____
Back: _____
Favorite technique: _____
Repetition training: _____

Instructor Use Only

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

Test Continues on Back----->

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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		One escape from Kata Gatame	
Ko Uchi Gari		Yoko Shiho Gatame	
Koshi Guruma		Two escapes from Yoko Shiho Gatame	
Combination 1		One turnover into pin from turtle	
		One turnover into pin from flat	

Instructor Use Only

Notes: _____
