

Chicago Tenri Judo Dojo
Senior Promotion Exam: Nikyu (2nd Brown) to Ikkyu (1st Brown)

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
Hane Goshi	Ude Hishigi Juji Gatame
Tomoe Nage	Nami/kata/gyaku juji jime
Sumi Gaeshi	Ude Hishigi Ude Garami
Combination 1	Ude Hishigi Ude Gatame
Combination 2	Kataha Jime
Combination 3	Sode Guruma Jime
Counter 1	Hiza Gatame
Counter 2	
Counter 3	
Demonstrate Tokui Waza	

Instructor Use Only

Notes:
