

## BROWN BELT (NIKYU) EXAM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ 20 \_\_\_\_\_

### GENERAL REQUIREMENTS

- Good moral character and maturity.
- Regular practice and attendance, twice a week.
- Time in grade (Sankyu), at least 6 months.

### DEMONSTRATE THE FOLLOWING TACHI WAZA:

- |                  |       |       |
|------------------|-------|-------|
| 1. Ushiro Goshi  | A B C | _____ |
| 2. Utsuri Goshi  | A B C | _____ |
| 3. Kibisu Gaeshi | A B C | _____ |
| 4. Uki Waza      | A B C | _____ |
| 5. Kata Garuma   | A B C | _____ |
| 6. Yoko Garuma   | A B C | _____ |

### DEMONSTRATE THE FOLLOWING NE WAZA:

- |  |       |       |
|--|-------|-------|
| 1. Hadaka Jime   | A B C | _____ |
| 2. Kata Ha Jime  | A B C | _____ |
| 3. Waki Gatame   | A B C | _____ |
| 4. Any two ne waza combinations [e.g., choke to arm lock, turnover to choke or armlock]. |       |       |

### I AM APPLYING FOR A JUDO PROMOTIONAL EXAM

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ 20 \_\_\_\_\_

EXAMINER: \_\_\_\_\_ OUTCOME: [ ] Pass [ ] Fail