



2ND DAN – TECHNICAL EXAMINATION FORM

NAME:
MEMBERSHIP NO:

CURRENT GRADE:
CURRENT AGE:

SECTION 1: FUNDAMENTAL SKILLS

| Nage-Waza | | | | Katame-waza | |
|-----------------|--|-------------------|--|-------------------------|--|
| Te-waza | | Ashi-waza (cont.) | | Osaekomi-waza | |
| Ippon-seoi-nage | | Ko-soto-gake | | Kuzure-kesa-gatame | |
| Obi-otoshi | | O-soto-gaeshi | | Yoko-shiho-gatame | |
| Ko-uchi-gaeshi | | Ma-sutemi-waza | | Shime-waza | |
| Koshi-waza | | Sumi-gaeshi | | Gyaku-juji-jime | |
| Koshi-guruma | | Yoko-sutemi-waza | | Katate-jime | |
| Ushiro-goshi | | Yoko-otoshi | | Kansetsu-waza | |
| Ashi-waza | | Hane-makikomi | | Ude-garami | |
| Hiza-guruma | | Yoko-guruma | | Ude-hishigi-hara-gatame | |
| O-uchi-gari | | Harai-makikomi | | | |
| Total: | | | | | |

SECTION 2 – FUNDAMENTAL SKILLS (EXAMINERS CHOICE)

Prior Learning

Demonstrate five techniques from the 1st dan Fundamental Skills (Section 1).

| Grade | 1 | 2 | 3 | 4 | 5 | Sub Total | Total |
|---------|---|---|---|---|---|-----------|-------|
| 1st Dan | | | | | | | |

SECTION 3 – PERFORMANCE SKILLS

Nage-waza - Renzoku-waza, Renraku-waza, Kaeshi-waza

Select four different nage-waza from the whole Dan Grade Syllabus, including at least one from Section 1 above. Use each of them with any other nage-waza from the Dan Grade Syllabus to demonstrate a Renzoku-waza, a Renraku-waza, and a Kaeshi-waza.

| Nage-waza | Renzoku-waza | Renraku-waza | Kaeshi-waza | Sub Total | Total |
|-----------|--------------|--------------|-------------|-----------|-------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |

SECTION 4 – PERFORMANCE SKILLS

Katame-waza - Osaekomi-waza, Shime-waza, Kansetsu-waza

Select four different katame-waza from the whole Dan Grade Syllabus, including at least one from Section 1 above. Use each of them to show either a combination, escape, or technique with a complex entry.

| Katame-waza | Combination | Escape | Complex Entry | Sub Total | Total |
|-------------|-------------|--------|---------------|-----------|-------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |



2ND DAN – TECHNICAL EXAMINATION FORM

NAME:
MEMBERSHIP NO:

CURRENT GRADE:
CURRENT AGE:

SECTION 5 – PERFORMANCE SKILLS

Transitions – Nage-waza and Katame-waza

From the nage-waza and katame-waza techniques in the whole Dan Grade Syllabus, demonstrate two nage-waza into osaekomi-waza and two nage-waza into either kansetsu-waza or shime-waza.

| Nage-waza | Osaekomi-waza | Kansetsu- waza | or | Shime-waza | Sub Total | Total |
|-----------|---------------|----------------|----|------------|-----------|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |

The Senior Examiner must be a minimum of 1 grade above the candidate's grade. Marking from 0 to 10 points for each demonstration

| | |
|----------------|--|
| Examiners Name | |
| Signature | |
| Grade | |
| Membership No | |
| Date | |

| Marking Summary | Marks Awarded | Pass Mark |
|-----------------|---------------|-----------|
| Section 1 | | 160 |
| Section 2 | | 40 |
| Section 3 | | 96 |
| Section 4 | | 32 |
| Section 5 | | 32 |
| Total | | 360 |