1ST DAN – TECHNICAL EXAMINATION FORM

NAME: **CURRENT GRADE:**

MEMBERSHIP NO: **CURRENT AGE:**

SECTION 1 – FUNDAMENTAL SKILLS

Nage-waza				Katame-waza	
Te-waza		**Ashi-waza (cont.)**		**Osaekomi-waza**	
Seoi-nage		Uchi-mata		Kesa-gatame	
Tai-otoshi		O-soto-otoshi		Kuzure-kami-shiho-gatame	
Uchi-mata-sukashi		**Ma-sutemi-waza**		**Shime-waza**	
Koshi-waza		Tomoe-nage		Nami-juji-jime	
O-goshi		**Yoko-sutemi-waza**		Kataha-jime	
Haral-goshi		Tani-otoshi		Sankaku-jime	
Ashi-waza		Soto-makikomi		**Kansetsu-waza**	
De-ashi-harai		Yoko-wakare		Ude-hishigi-juji-gatame	
O-soto-gari				Ude-hishigi-waki-gatame	
				Total:	

SECTION 2 – FUNDAMENTAL SKILLS (EXAMINER'S CHOICE)

Prior Learning

No Prior Learning is required for 1st Dan.

SECTION 3 – PERFORMANCE SKILLS

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

Select three 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					

SECTION 4 – PERFORMANCE SKILLS

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

Select three 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	*or*	Escape	*or*	Complex Entry	Sub Total	Total
1							
2							
3							

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 a nage-waza into osaekomi-waza and a nage-waza into kansetsu-waza or shime-waza.

Nage-waza	Osaekomi-waza	Kansetsu-waza	*or*	Shime-waza	Sub Total	Total
1						
2						

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

Marking Summary	Marks Awarded	Date	Examiner's Name	Signature	Grade	Membership No.	Pass Mark
Section 1							**160**
Section 2							**N/A**
Section 3							**72**
Section 4							**24**
Section 5							**16**
Total							**272**