

Kokushi NJ LLC

Seniors Knowledge Rank Test
(next belt includes knowledge from prior belt)

Student: _____

Date: _____

YELLOW BELT (6 KYU)

Nage Waza:

- 78 Osoto Gari
- 80 Ouchi Gari
- 43 Tai Otoshi
- 73 Deashi Barai
- 39 Ippon Seoi Nage
- 35 Seoi Nage (Morote)
- 66 Harai Goshi

Katame Waza:

- 160 Hon Kes Gatame
- 165 Kata Gatame
- 166 Yoko Shiho Gatame
- 169 Kami Shiho Gatame
- 172 Tate Shiho Gatame

Shime Waza:

- 175 Okuri Eri Jime
- 179 Kataha Jime
- 180 Hadaka Jime

Turnovers to Pinning:

- 238 Knee and Sleeve
- 239 Hold his Arm
- 241 Hold his Arm and Leg

Terminology:

- Sensei
- Dojo
- Kodokan
- Gi
- Rei
- Maitta
- 266 Hajime
- 266 Mate

ORANGE BELT (5 KYU)

Nage Waza:

- 60 Ogoshi
- 61 Koshi Garuma
- 71 Ushiro Goshi
- 89 Okuri Ashi Barai
- 76 Sasae Tsurikomi Ashi
- 75 Hiza Garuma
- 84 Kosoto Gari
- 86 Kouchi Gari
- 53 Seoi Otoshi

Osae Komi Waza:

- 162 Kuzure Kesa Gatame
- 163 Ushiro Kesa Gatame

Shime Waza:

- 182 Nami Juji Jime
- 184 Gyaku Juji Jime
- 186 Kata Juji Jime

Turnovers to Pinning:

- 241 Holding belt and hooking arm
- 243 Holding his knee pants

Terminology:

- Kiai
- Judoka
- Uchi Komi
- Randori
- 267 Toketa
- 266 Koka
- 266 Yuko
- 266 Waza Ari
- 266 Ippon

GREEN BELT (4 KYU)

Nage Waza:

- 62 Tsuru Komi Goshi
- 64 Sode Tsuru Komi Goshi
- 70 Utsuri Goshi
- 69 Hane Goshi
- 90 Uchi Mata
- 107 Tomoe Nage
- 46 Kata Garuma

Osae Komi Waza:

- 170 Kuzure Kami Shiho Gatame
- 166 Yoko Shiho Gatame... variations

Shime Waza:

- 194 Sode Guruma Jime
- 185 Gyaku Juji Jime B&C
- 188 Sankaku Jime

Kansetsu Waza:

- 201 Ude Hishigi Juji Gatame
- 196 Ude Garami....2 variations

Renraku Waza:

- 147 Sasae Tsuru Komi Ashi to Osoto Gari
- 145 Ouchi Gari to Tai Otoshi
- 134 Tai Otoshi to Ouchi Gari

266 Terminology:

- Shido
- Hansoku Make

BROWN BELT (3 KYU)

Nage Waza:

- 120 Soto Maki Komi
- 132 Harai Maki Komi
- 119 Hane Maki Komi
- 256 Kibisu Gaeshi
- Te Garuma

Kansetsu Waza:

- 204 Ude Hishigi Juji Gatame
- 210 Ude Hishigi Waki Gatame

Renraku Waza:

- 135 Uchi Mata to Kouchi Gari
- 136 Uchi Mata to Ouchi Gari
- 144 Ochi Gari to Uchi Mata
- 137 Kouchi Gari to Ippon Seo Nage
- 142 Kouchi Gari to Ouchi Gari
- 142 Ouchi Gari to Kouchi Gari

BROWN BELT (2 KYU)

- 5 Points from promotional tournaments or participate 2 times
- 9 techniques from Nage No Kata

BROWN BELT (1 KYU)

- 3 Points from promotional tournaments and two years in grade
- 6 Points from promotional tournaments and one year in grade
- 7 Points from promotional tournaments

Complete Demonstration of Nage No Kata

BLACK BELT (Sho Dan)

In accordance with USJF and Kodokan standards