

Promotion

Nage no Kata

Name of Person Testing: _____ Current Rank: _____ Dojo: _____ <input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor <input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	Partner's Name: _____ Current Rank: _____ Dojo: _____
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SET	TECHNIQUE	POINTS		Comments
		(R)	(L)	
TE WAZA	Uki otoshi			
	Seoi nage			
	Kata guruma			
KOSHI WAZA	Uki goshi			
	Harai goshi			
	Tsurikomi goshi			
ASHI WAZA	Okuri ashi harai			
	Sasae tsurikomi ashi			
	Uchi mata			
MA SUTEMI WAZA	Tomoe nage			
	Ura nage			
	Sumi gaeshi			
YOKO SUTEMI WAZA	Yoko gake			
	Yoko guruma			
	Uki waza			
TOTAL POINTS				
AVERAGE SCORE				

Judge: _____

Event: _____ Location: _____ Date: _____

Promotion

Ju no Kata

Name of Person Testing: _____	Partner's Name: _____
Current Rank: _____	Current Rank: _____
Dojo: _____	Dojo: _____
<input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor	
<input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	

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SET	TECHNIQUE	POINTS	Comments
IKKYO	Tsuki dashi		
	Kata oshi		
	Ryote dori		
	Kata mawashi		
	Ago oshi		
NIKYO	Kiri oroshi		
	Ryokata oshi		
	Naname uchi		
	Katate dori		
	Katate age		
SANKYO	Obi tori		
	Mune oshi		
	Tsuki age		
	Uchi oroshi		
	Ryogan tsuki		
TOTAL POINTS			
AVERAGE SCORE			

Judge: _____

Event: _____ Location: _____ Date: _____

Promotion

Katame no Kata

Name of Person Testing: _____	Partner's Name: _____
Current Rank: _____	Current Rank: _____
Dojo: _____	Dojo: _____
<input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor	
<input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	

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SET	TECHNIQUE	POINTS	Comments
OSAEKOMI WAZA	Kesa gatame		
	Kata gatame		
	Kami shiho Gatame		
	Yoko shiho gatame		
	Kuzure kami shiho gatame		
SHIME WAZA	Kata juji jime		
	Hadaka jime		
	Okuri eri jime		
	Kataha jime		
	Gyaku juji jime		
KANSETSU WAZA	Ude garami		
	Ude hishigi juji gatame		
	Ude hishigi ude gatame		
	Ude hishigi hiza gatame		
	Ashi garami		
TOTAL POINTS			
AVERAGE SCORE			

Judge: _____

Event: _____ Location: _____ Date: _____

Promotion

Kime no Kata

Name of Person Testing: _____	Partner's Name: _____
Current Rank: _____	Current Rank: _____
Dojo: _____	Dojo: _____
<input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor	
<input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	

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SET	TECHNIQUE	POINTS	Comments
IDORI	Ryote dori		
	Tsukkake		
	Suri age		
	Yoko uchi		
	Ushiro dori		
	Tsukkomi		
	Kiri komi		
	Yoko tsuki		
TACHI AI	Ryote dori		
	Sode dori		
	Tsukkake		
	Tsuki age		
	Suri age		
	Yoko uchi		
	Keage		
	Ushiro dori		
	Tsukkomi		
	Kiri komi		
	Nuki kake		
	Kiri oroshi		
TOTAL POINTS			
AVERAGE SCORE			

Judge: _____

Event: _____ Location: _____ Date: _____

Promotion

Goshinjitsu

Name of Person Testing: _____	Partner's Name: _____
Current Rank: _____	Current Rank: _____
Dojo: _____	Dojo: _____
<input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor	
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SET	TECHNIQUE	POINTS	Comments
When held	Ryote dori		
	Hidari eri dori		
	Migi eri dori		
	Kata ude dori		
	Ushiro eri dori		
	Ushiro jime		
	Kakae dori		
At a distance	Naname uchi		
	Ago tsuki		
	Ganmen uchi		
	Mae geri		
	Yoko geri		
Against knife attack	Tsukkake		
	Choku tsuki		
	Naname tsuki		
Against stick attack	Firu age		
	Furi oroshi		
	Morote tsuki		
Against pistol attack	Shomen zuke		
	Koshi gamae		
TOTAL POINTS			
AVERAGE SCORE			

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Promotion

Koshiki-no-kata

Name of Person Testing: _____	Partner's Name: _____
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Dojo: _____	Dojo: _____
<input type="checkbox"/> Competitor <input type="checkbox"/> Non-competitor	
<input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	

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SET	TECHNIQUE	POINTS	Comments
OMOTE	Tai		
	Yume no uchi		
	Ryokuhi		
	Mizu guruma		
	Mizu nagare		
	Hiki otoshi		
	Kodaore		
	Uchi kudaki		
	Tani otoshi		
	Kuruma daore		
	Shikoro dori		
	Shokoro gaeshi		
	Yudachi		
Taki otoshi			
URA	Mi kudaki		
	Kuruma gaeshi		
	Mizu iri		
	Ryusetsu		
	Saka otoshi		
	Yuki ore		
	Iwa nami		
TOTAL POINTS			
AVERAGE SCORE			

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Promotion

Itsutsu no Kata

Name of Person Testing: _____	Partner's Name: _____
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<input type="checkbox"/> Uke <input type="checkbox"/> Tori, #Sets _____	

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SET	TECHNIQUE	POINTS	Comments
	Ippon me		
	Nihon me		
	Sanbon me		
	Yonhon me		
	Gohon me		
TOTAL POINTS			
AVERAGE SCORE			

Judge: _____

Event: _____ Location: _____ Date: _____