

GRADING PROTOCOL

KYU

| 4. KYU – orange belt | | | | | | | | | | |
|--|---------------------------------|-----------------------|-------------------------------------|------------------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------|--|
| Name | | | | | Date of birth | | | | | |
| Surname | | | | | Club | | | | | |
| | | | | | | | | | | |
| ukemi-waza | Ushiro ukemi | | | Yoko ukemi | | | Mae ukemi | | Zempo ukemi | |
| | R: | L: | | R: | L: | | R: | L: | | |
| NAGE-WAZA | | | | | | | | | | |
| Techniques | <i>Okuri ashi harai</i> | <i>Tai otoshi</i> | <i>O soto gari</i> | <i>Ippon seoi nage</i> | <i>O uchi gari</i> | <i>Ko uchi gari</i> | <i>Goshi guruma</i> | <i>Harai goshil</i> | | |
| | | | | | | | | | | |
| Direction of movement | | | | | | | | | | |
| Right side | | | | | | | | | | |
| Left side | | | | | | | | | | |
| KATAME WAZA | | | | | | | | | | |
| Techniques | <i>Kuzure kesa gatame</i> | <i>Ura gatame</i> | <i>Kuzure kami shiho gatame</i> | <i>Kuzure tate siho gatame</i> | <i>Uki gatame</i> | <i>Kata gatame</i> | | | | |
| | | | | | | | | | | |
| Right side | | | | | | | | | | |
| Left side | | | | | | | | | | |
| HAIRI KATA – Ways of fight opening | | | | | Basic knowledge | | | | | |
| Tori on four, Uke attacks from top, turning defense into attack | | | | | | Te | | curikomi | | |
| UKE laying face down, TORI turns to osaekomi-waza / from four sides/ | | | | | | Goshi | | garami | | |
| Uke laying on back, TORI turns to osaekomi-waza from four sides / | | | | | | Ashi | | mae | | |
| Renzoku waza (three techniques) | | | | | | Uki | | guruma | | |
| Renraku waza (three techniques) | | | | | | joko | | hiza | | |
| transfer from Tači waza to Ne waza (three tech.) | | | | | | gokyo | | mata | | |
| | | | | | | | | | | |
| Total outcome: | | | | | | | | | | |
| Grading master | | | | | | | | | | |
| Place: / Date: | | | | | / | | | | | |

GRADING PROTOCOL

KYU

| 3. KYU – green belt | | | | | | | | |
|--|-----------------------|----------------------------|----------------------|--------------------|-----------------------|--------------------------------|------------------|---------------------|
| Name | | | | Date of birth | | | | |
| Surname | | | | Club | | | | |
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| NAGE-WAZA | | | | | | | | |
| Techniques | <i>Ashi guruma</i> | <i>Harai curikomi ashi</i> | <i>Curikomi goši</i> | <i>Tomoe nage</i> | <i>Tani otoshi</i> | <i>Ko soto gake</i> | <i>Uchi mata</i> | <i>Ushiro goshi</i> |
| | | | | | | | | |
| | | | | | | | | |
| Direction of movement | | | | | | | | |
| Right side | | | | | | | | |
| Left side | | | | | | | | |
| KATAME WAZA | | | | | | | | |
| Techniques | <i>Kata juji jime</i> | <i>Ude gatame</i> | <i>Ude garami</i> | <i>Hadaka jime</i> | <i>Okuri eri jime</i> | <i>Ude hishigi juji gatame</i> | | |
| | | | | | | | | |
| | | | | | | | | |
| Right side | | | | | | | | |
| Left side | | | | | | | | |
| HAIRI KATA – Ways of fight opening | | | | | Basic knowledge | | | |
| transfer to Ne waza after your own attack- fwd | | | | | Waki | | Tandoku renshu | |
| transfer to Ne waza after your own attack-bck | | | | | Eri | | Uchi komi | |
| transfer to Ne waza after Ukes attack forward | | | | | Garami | | Bucukari geiko | |
| transfer to Ne waza after Ukes attack- bck | | | | | Gatame | | Jakusaku geiko | |
| Renzoku waza (three techniques) | | | | | Kesa | | Kakari geiko | |
| Renraku waza (three techniques) | | | | | Kubi | | Randori | |

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|-----------------|---|
| Total outcome: | |
| Grading master: | |
| Place: / Date: | / |

GRADING PROTOCOL

KYU

| 2. KYU – blue belt | | | | | | | | |
|---|-----------------------|--------------------|-----------------------------|-----------------------------------|------------------------|-----------------------|--------------------|--------------------|
| Name | | | | Date | | | | |
| Surname | | | | Club | | | | |
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| NAGE-WAZA | | | | | | | | |
| Techniques | <i>Soto maki komi</i> | <i>Hane goshi</i> | <i>Sode curi komi goshi</i> | <i>Sumi gaeshi</i> | <i>Kata guruma</i> | <i>Te guruma</i> | <i>Yoko otoshi</i> | <i>Morote gari</i> |
| | | | | | | | | |
| Direction of movement | | | | | | | | |
| Right side | | | | | | | | |
| Left side | | | | | | | | |
| KATAME WAZA | | | | | | | | |
| Techniky | <i>Hiza gatame</i> | <i>Sode guruma</i> | <i>Kata ha jime</i> | <i>Sankaku jime</i> | <i>Gyaku juji jime</i> | <i>Nami juji jime</i> | | |
| | | | | | | | | |
| Right side | | | | | | | | |
| Left side | | | | | | | | |
| HAIRI KATA – Ways of fight opening | | | | Nageno Kata (without ceremony) | | | | |
| transfer to Ne waza after your own attack - forward | | | | | 1. | Te waza | | |
| transfer to Ne waza after your own attack - bck | | | | | 2. | Goshi waza | | |
| transfer to Ne waza againts UKEs attack - forward | | | | | 3. | Ashi waza | | |
| Gaeshi waza (three techniques) | | | | | | | | |
| Renzoku waza (three techniques) | | | | | | | | |
| Renraku waza (three techniques) | | | | | | | | |
| | | | | | | | | |
| Total outcome: | | | | | | | | |
| Grading master: | | | | | | | | |
| Place: / Date: | | / | | | | | | |

GRADING PROTOCOL

KYU

| 1. KYU – brown belt | | | | | | | | |
|---|--------------------------------|--------------------------------|-------------------------------|------------------------------|-----------------------------------|-----------------|-------------------|-------------------|
| Name | | | | Date of birth | | | | |
| Surname | | | | Club | | | | |
| | | | | | | | | |
| NAGE-WAZA | | | | | | | | |
| Techniques | <i>Hane maki komi</i> | <i>Yoko wakare</i> | <i>O guruma</i> | <i>O soto guruma</i> | <i>Yoko guruma</i> | <i>Ura nage</i> | <i>Sukui nage</i> | <i>Ucui goshi</i> |
| Direction of movement | | | | | | | | |
| Right side | | | | | | | | |
| Left side | | | | | | | | |
| KATAME WAZA | | | | | | | | |
| Techniky | <i>Ude hishigi hara gatame</i> | <i>Ude hishigi waki gatame</i> | <i>Ude hishigi ash gatame</i> | <i>Ude hishigi te gatame</i> | <i>Tsukkomi jime</i> | | | |
| Chosen side | | | | | | | | |
| HAIRI KATA – Ways of fight opening | | | | | Nageno Kata (without ceremony) | | | |
| transfer to Ne waza after your own attack - forward | | | | | | 4. | Ma sutemi waza | |
| Přechod do ne waza po vlastním útoku vzad | | | | | | 5. | Yoko sutemi waza | |
| Přechod do ne waza po útoku ukeho vpřed | | | | | | Tokui waza | | |
| Gaeshi waza (tři techniky) | | | | | | | Ashi waza | |
| Renzoku waza (tři techniky) | | | | | | self defense | | |
| Renraku waza (tři techniky) | | | | | | | | |
| | | | | | | | | |
| Celkové hodnocení: | | | | | | | | |
| Zkušební komisař: | | | | | | | | |
| V: / Dne: | | / | | | | | | |