

BLUE/PURPLE BELT ADVANCED NIKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- ☐ What are key components of Professor Kano's intent for the development of the whole judoka?

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ In addition to competing, how else can a judoka contribute to the judo community?

VOCABULARY

Translate the following from Japanese to English or English to Japanese.

- ☐ **Soto-makikomi**
☐ **Sumi-gaeshi**
☐ **Morote-jime**
☐ **Sode-guruma-jime**

ESSENTIAL QUESTION

- ☐ How does kata enhance my overall understanding of judo?

PRIOR RANK REQUIREMENTS ASSESSED

DEMONSTRATION REQUIREMENTS

Sensei will grade each demonstration requirement as a 4, 3, 2, or 1 score.

4 Advanced	3 Proficient	2 Developing	1 Needs Improvement
Judoka is able to demonstrate exemplary technique flawlessly with fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique with mostly fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique, but may need verbal cues or lacks in kuzushi, tsukuri, or kake.	Judoka is unable to complete the technique from verbal command or cues and/or lacks in 2+ execution requirements.

DEMONSTRATION REQUIREMENTS

Students must be able to demonstrate and translate all the following techniques.

GENERAL

- Expanded knowledge of previous ranks
- Enhanced judo philosophy
- Expanded understanding and application of refereeing, timekeeping, scorekeeping, and tournament management
- Teach proper ukemi to lower ranking judoka
- Improve own actions as Uke in Nage No Kata

KATA

- Nage No Kata Competitor: 3 sets as Uke
- Non-Competitor: 3 sets as Tori

NAGE-WAZA

- Soto-makikomi Outer Wraparound Throw
- Sumi-gaeshi Corner Throw
- Demonstrate and teach multiple techniques and combinations

KATAME-WAZA

- Knowledge or and ability to teach multiple osae waza entries, applications, and escapes
- Morote-jime Two Hand Choke
- Sode-guruma-jime Sleeve Wheel Choke
- Escapes from previous shime waza
- Osaе-waza escape to Hadaka-jime, Okuri-eri-jime, and Gyaku-juji-Jime