



USSF GOKYU (5th) GRADE PROMOTION

SECTION 1 PERSONAL DATA

Name: _____

Date: _____

Address: _____

E-mail Address: _____

Phone: _____

Male / Female
(circle)

Birthdate: _____ Age: _____

SECTION 2 GENERAL REQUIREMENTS

- | | | | | |
|---|--|--------------------|----|-----|
| 1 | Registered and current member of U.S. Sumo Federation? | | No | Yes |
| 2 | Registered and current member of local sumo club? | _____ | No | Yes |
| 3 | Recommended by? | _____ | | |
| 4 | (minimum 6 months) Time in Grade? | # of months? _____ | No | Yes |
| 5 | Attended over 51% of scheduled classes? | _____ of _____ | No | Yes |
| 6 | Demonstrated skills during sparring? | | No | Yes |
| 7 | Competed in at least one tournament? | How many? _____ | No | Yes |

Last

- | | | | |
|---|---|-------------------------|-------|
| 8 | 1 | (date/location, etc...) | _____ |
| | 2 | (date/location, etc...) | _____ |
| | 3 | (date/location, etc...) | _____ |
| | 4 | (date/location, etc...) | _____ |
| | 5 | (date/location, etc...) | _____ |
| | 6 | (date/location, etc...) | _____ |
| | 7 | (date/location, etc...) | _____ |
| | 8 | (date/location, etc...) | _____ |

SECTION 3 COMMENTS BY INSTRUCTOR/TRAINER

SECTION 5 KATA / FORMS

GOKYU (5th) GRADE

Demonstrate each of the following:

Keiko / Training

- Sonkyo (rest position)
- Shiko (leg lift)
- Suriashi (basic movement)
- Chirichozu (ring entering)
- Shinyaku (leg stretch)
- Koshiwari (thigh stretch)
- Chugoshi (proper posture)
- Butsukari (push drill)
- Matawari (splits)

Pass Fail

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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Basic Skills

- Verbal counting 1-10
- How to wear/tie a mawashi
- Chirichozu (ring entering)
- How to exit upon winning
- How to exit upon losing

Pass Fail

Pass	Fail
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Comments - Improvement Areas

SECTION 6 RESULTS

- Met All General Requirements
- Written Test
- Kata / Forms

Yes No

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Comments:

Comments:

- Promoted to next Grade
- Not promoted: re-test

<input type="checkbox"/>
<input type="checkbox"/>

Date:

Certified by:
