



USSF IKKYU (1st) 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 sparing? | | No | Yes |
| 7 | Completed in at least one tournament since last promotion? | How many? _____ | No | Yes |

Last

- | | | | |
|---|-------------------------|-------------------------|-------|
| 1 | (date/location, etc...) | _____ | |
| 8 | 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

For use by KYU Promotion Board

Demonstrate each of the following:

Default Loss

- Fumidashi (rear step out)
- Isamiashi (forward step out)
- Koshikudake (collapse)
- Tsukihaza (knee touch)
- Tsukite (hand touch)

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

Keiko / Training

- Sonkyo (rest position)
- Shiko (leg lift)
- Suriashi (basic movement)
- Chirichozu (ring entering)
- Shinyaku (leg stretch)
- Koshiwari (thigh stretch)
- Chugoshi (proper posture)
- Ukemi (how to fall)
- Teppo (basic attack)
- Butsukari (push drill)

Pass	Fail
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Kimarite / Techniques

- Hikiotoshi (hand pull down)
- Kimedashi (arm bar force out)
- Katasukashi (under shoulder swing down)
- Kotonage (armlock throw)
- Sukuinage (beltless arm throw)

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

(demonstrate at least six)

- Yorikiri / Yoritaoshi (force out/down)
- Oshidashi / Oshitaoshi (push out/down)
- Tsukidashi/Tsukiotoshi (thrust out/down)
- Shitatenage/Uwatenage (under/over-arm throw)
- Sotogake / Uchigake (outside/inside leg trip)
- Hatakikomi (slap down)
- Okuridashi (rear push out)
- Tsuridashi (lift out)
- Uwatedashinage (pull overarm throw)
- Utchari (backward pivot throw)

Pass	Fail
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SECTION 6 RESULTS

	Yes	No	Comments:
Met All General Requirements	<input type="checkbox"/>	<input type="checkbox"/>	_____
Written Test	<input type="checkbox"/>	<input type="checkbox"/>	_____
Kata / Forms	<input type="checkbox"/>	<input type="checkbox"/>	_____

Comments: _____

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

Certified by: _____