



# USSF NIKYU (2nd) 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...) \_\_\_\_\_

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
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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**Kimarite / Techniques**

- Okuridashi (rear push out)
  - Utchari (backward pivot throw)
  - Shitatenage (underarm throw)
  - Sotogake (outside leg trip)
  - Uchigake (inside leg trip)
- (demonstrate at least four)

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"/>

- Yorikiri / Yoritaoshi (force out/down)
- Oshidashi / Oshitaoshi (push out/down)
- Tsukidashi/Tsukiotoshi (thrust out/down)
- Uwatenage (overarm throw)
- Uwatedashinage (pull overarm throw)
- Tsuridashi (lift out)
- Hatakikomi (slap down)

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

**Maesabaki (Basic Defense)**

- (demonstrate at least three)
- Example: arm bar, using the body, release opponent grip, block opponent from getting grip, blocking opponents thrusts, etc...

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

**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: \_\_\_\_\_