



USSF YONKYU (4th) 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 | Competed 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

SECTION 5 KATA / FORMS

YONKYU (4th) GRADE

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"/>

Kimarite / Techniques

- Oshidashi (front push out)
- Oshitaoshi (front push down)
- Yorikiri (front force out)
- Yoritaoshi (front force down)
- 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"/>

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

- Tsuppari (chest thrust)
- Nodowa (throat thrust)

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

Comments - Improvement Areas

SECTION 6 RESULTS

	Yes	No
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:

Comments:

Promoted to next Grade
 Not promoted: re-test

Date:

Certified by:
