

CCSF Judo Technique Inventory

Name:				Current Rank:			Date				
P = Pass				F = Fail			I = Improvement Needed				
P	F	I	1st Kyo			P	F	I	4th Kyo		
			De-Ashi-Barai						Sumi Gaeshi		
			Hiza-Guruma						Tani Otoshi		
			Sasae Tsuru Komi Ashi						Hane Maki Komi		
			Uki Goshi						Sukui Nage		
			O Soto Gari						Utsuri Goshi		
			O Goshi						O Guruma		
			O Uchi Gari						Soto Maki Komi		
			Seoinage: Morote						Uki Otoshi		
			Seoinage: Ippon								
P	F	I	2nd Kyo			P	F	I	5th Kyo		
			Ko Soto Gari						O Soto Guruma		
			Ko Uchi Gari						Uki Waza		
			Koshi Guruma						Yoko Wakare		
			Tsuru Komi Goshi						Yoko Guruma		
			Okuri Ashi Harai						Ushiro Goshi		
			Tai Otoshi						Ura Nage		
			Harai Goshi						Sumi Otoshi		
			Uchi Mata						Yoko Gake		
P	F	I	3rd Kyo			P	F	I	6 combinations		
			Ko Soto Gake								
			Tsuru Goshi						1 st Combination		
			Yoko Otoshi						2 nd Combination		
			Ashi Guruma						3 rd Combination		
			Hane Goshi						4 th Combination		
			Harai Tsuru Komi Ashi						5 th Combination		
			Tomoe Nage						6 th Combination		
			Kata Guruma								

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Shime-Waza							
P	F	I	Shime waza	P	F	I	Shime waza
			Tsukkomi Jime				Okuri-eri-jime
			Nami Juji Jime				Hadaka jime
			Kataha Jime				Kata Juji Jime

Osae Waza Techniques																										
Demonstrate technique and escapes for each																										
Demonstrate			Technique	Escape																						
P	F	I		P	F	I																				
			Kesa- Gatame				<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>P</th> <th>F</th> <th>I</th> <th style="text-align: center;">Sankaku Series</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>Application to Shimewaza</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Application to Ne-waza</td> </tr> <tr> <td></td> <td></td> <td></td> <td>Application to Kansetsu-waza</td> </tr> </tbody> </table>				P	F	I	Sankaku Series				Application to Shimewaza				Application to Ne-waza				Application to Kansetsu-waza
P	F	I	Sankaku Series																							
			Application to Shimewaza																							
			Application to Ne-waza																							
			Application to Kansetsu-waza																							
			Kami Shiho Gatame																							
			Yoko Shiho Gatame																							
			Kata Gatame																							
			Tate Shiho Gatame																							
			Kuzure-Kesa- Gatame																							
			Kuzuri Kami Shiho Gatame																							

Kansetsu-Waza			
P	F	I	Ude Garami
			Ude Gatame
			Ude Hishigi Juji Gatame