



NI KYU

SEINAN – OVER 16



Points Needed: 50

Minimum time in Rank: 6 months as San Kyu

NAGE-WAZA (Throws):

32 throws as selected from the Go Kyo.

OSAE-WAZA (Hold downs):

8 hold downs as selected.

Show escapes techniques to 5 of these techniques.

KANSETSU-WAZA (Arm locks):

6 arm locks as selected.

Show 2 methods of neutralizing kansetsu-waza.

SHIME-WAZA (Strangles):

6 strangles as selected.

Show 2 methods of neutralizing shime-waza.

RENROKU WAZA (Combinations) & KAESHI WAZA (Counters):

6 combinations and 6 counters as selected.

TURNOVERS:

5 turnovers as selected.

MOVING PAST THE LEGS:

4 movements past the legs as selected.

NAGE-NO-KATA:

Uke and tori for the first 3 sets:

te-waza

koshi-waza

ashi-waza.

THEORY:

(a) Contest Terminology:

Term	Meaning	Effect
Rei	bow	Players must bow at beginning and end of contest, preferably without prompting.
Hajime	begin	Contest starts and clock starts.
Matte *	wait	Play and time stops. Players return to centre.
Sono-Mama	do not move	Players freeze in position and the clock stops.
Yoshi	carry on	Play continues and the clock restarts



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Continued.



Osaekomi *	holding	Hold recognised and holding time starts.
Toketa *	hold broken	Holding time ends.
Maitta	submission	I give up.
Yuko *	almost waza-ari	Next score up. (15 to <20 sec osaekomi)
Waza-ari *	½ point	Next score up. (20 to <25 sec osaekomi)
Waza-ari awasete ippon *	2 waza-aris score ippon	Same as Ippon: ends contest.
Ippon *	full point	Top score: ends contest. (20 sec osaekomi)
Shido *	note	1 st – Warning 2 nd – Yuko to opponent 3 rd – Waza-ari to opponent
Hansoku Make *	disqualification	A grave penalty = Ippon to opponent
Sore-made	that is all	Ends contest when time is up.
Golden Score		All scores and penalties are removed and time restarts. First score or 2 nd penalty wins or loses.
Hantei *	decision	Request for side judge's decision if scores are equal after Golden Score.
Hiki Wake	a draw	Draw, tie or even.
Fusen Kachi	default win.	Win by default.
Yusei Gachi	superior win	Win by superiority.

* All these terms require the referee to make a hand signal.

(b) Hand Signals:



Matte



Osaekomi



Toketa



Hantei



Koka



Yuko



Waza-ari



Ippon

Shido: depending on infringement.
Hansoku-make: depending on infringement.