

Shichikyu

(七級、しちきゅう)

Specifically required for shichikyu are:

1. Ukemi (受身、うけみ)
 - a. Standing Ushiro Ukemi (後ろ受身、うしろうけみ)
 - b. Standing Mae Ukemi (舞え受身、まえうけみ)
 - c. Standing Yoko Ukemi (横受身、よこうけみ)
 - i. Migi Yoko Ukemi (右横受身、みぎよこうけみ)
 - ii. Hidari Yoko Ukemi (左横受身、ひだりよこうけみ)
 - d. Running Zempo Kaiten Ukemi (然歩回転受身、ぜんぽかいてんうけみ)
 - i. Migi Zempo Kaiten Ukemi (右然歩回転受身、みぎぜんぽかいてんうけみ)
 - ii. Hidari Zempo Kaiten Ukemi (左然歩回転受身、ひだりぜのぴかいてんうけみ)
 - e. Demonstrate a running shoulder roll to a stance
2. Nage waza (投げ技、なげわざ)
 - a. De ashi harai (出足払い、であしはらい)
 - b. Ogoshi (大越し、おおごし)
 - c. Tai otoshi (体お年、たいおとし)
 - d. Ippon seoinage (一本背負い投げ、いっぽんせおいなげ)
 - e. Ko soto gari (小外がり、こそとがり)
 - f. O soto gari (大外狩り、おそとがり)
 - g. Ko uchi gari (小内刈り、こうちがり)
 - h. O uchi gari (大内刈り、おおうちがり)
 - i. Hiza guruma (膝車、ひざぐるま)
3. Ne waza (固め技、ねわざ)
 - a. Osackomi (抑込、おさえこみ)
 - i. Kesa gatame (袈裟固め、けさがため)
 - ii. Kata gatame (肩固め、かたがため)
 - iii. Yoko shiho gatame (横四方固め、よこしほがため)
 - iv. Kami shiho gatame (上四方固め、かみしほがため)
 - v. Kuzure kami shiho gatame (崩れ上四方固め、くずれかみしほがため)
 - vi. Tate shiho gatame (縦四方固め、たてしてがため)
4. Demonstrated knowledge
 - a. Seiza (正座、せいざ)
 - b. Anza (安座、あんざ)
 - c. Ritsurei (立礼、りつれい)
 - d. Zarei (座礼、ざれい)
 - e. Correct tying of the belt (obi)
 - f. Shizen hontai ()
5. Vocabulary

- a. Counting to ten in Japanese
 - i. Ichi (一、いち)
 - ii. Ni (二、に)
 - iii. San (三、さん)
 - iv. Shi/yon (四、し、よん)
 - v. Go (五、ご)
 - vi. Rokku (六、ろく)
 - vii. Shichi (七、しち)
 - viii. Hachi (八、はち)
 - ix. Ku (九、く)
 - x. Jû (十、じゅう)
 - b. Reï (礼、れい)
 - c. Dôjô (道場、どうじょう)
 - d. Jûdôgi (柔道着、じゅうどうぎ)
 - e. Obi (帯、ぼい)
 - f. Hajime (初め、はじめ)
 - g. Matte (待って、まって)
 - h. Sonomama (其の儘、そのまま)
 - i. Ippon (一本、いっぽん)
 - j. Waza-ari (技有、わざあり)
 - k. Yoshi (由、よし)
 - l. Osae waza (抑え込み技)
 - m. Shime waza (絞め技)
 - n. Kansetsu waza (間接技)
 - o. Te waza (手技)
 - p. Koshi waza (腰技)
6. General Knowledge
 - a. Dr. Jigoro Kano
 - b. Your instructor
 - c. General history of jûdô

Yawara Judo Association

ShichiKyu

Chart 4-1

	De ashi harai
	Tai otoshi
	Ko soto gari
	O soto gari
	Ko uchi gari

Nage Waza

	O goshi
	Ippon seoi nage
	Hiza guruma
	O uchi gari

Chart 4-14

	Kesa gatame
	Kami shiho gatame
	Yoko shiho gatame

Katame Waza

	Kata gatame
	Kuzure kami shiho gatame
	Tate shiho gatame

Chart 4-26

	Zenpo kaiten ukemi (Running)
	Ma ukemi (Standing)
	Zarei
	Ritsurei

Miscellaneous

	Seiza
	Anza
	Proper tying of the belt
	Shizen hontai