



# USJA Senior Judo Rank System

## Examination for Black Belt Ranks

(Shodan and Higher Ranks)

**SECTION ONE:** Information on the student and Examiner. (The examiner fills in all blanks)

- |                          |                            |
|--------------------------|----------------------------|
| 1. Name of Student _____ | 4. Name of Examiner: _____ |
| 2. Club: _____           | Judo Rank: _____           |
| 3. Date of Birth _____   |                            |

**SECTION TWO:** Instructions for the Examiner.

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. You may test your students for this degree whenever you feel they are ready, and then retain the completed form until they complete the time, and other promotion requirements for this degree. If you do this, file this completed exam form behind the student's attendance record in your USJA Instructor's Record Book until you are ready to send it in when the other requirements have been completed.</p> <p>2. You may also test a student for this degree after he completed the time and other requirements. In this case, when he passes the exam you must staple the completed Recommendation For Promotion form to it with the proper fee and mail it to the USJA Central Office immediately.</p> | <p>3. If the student fails the exam, correct his mistakes and give this form to him for further study before you test him again. You must wait at least one week before testing him again.</p> <p>4. Score the general information and vocabulary section by checking the answer against the correct answers given in the instructor's Handbook, marking an "X" on the wrong answers and counting the number of X's and subtracting them from the possible score.</p> <p>5. To score questions with two or more parts (answers) in general information (Section 3A), give the student full credit (one point) if he answers half or more of the parts correctly.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**SECTION THREE:** General Information and Judo Vocabulary. (To be filled in by the student)

**A. Answer the following questions:**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Who was the founder of Judo? _____</p> <p>2. What is the name of the school he founded? _____</p> <p>3. What is the date of the founding of Judo? _____</p> <p>4. What was unarmed combat called in Japan before Judo? _____</p> <p>5. How long have Ju Jitsu and similar arts been practiced in Japan? _____</p> <p>6. Name the three parts of a Judo throw in English, and Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>3. _____<br/>(ENGLISH) (JAPANESE)</p> <p>7. Name the three parts of unarmed combat in English and Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>3. _____<br/>(ENGLISH) (JAPANESE)</p> <p>8. Name the two divisions of nage waza in English and Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> | <p>9. Name the three divisions of tachi waza (standing techniques) in English and Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>3. _____<br/>(ENGLISH) (JAPANESE)</p> <p>10. Name the two divisions of sutemi waza in English &amp; Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>11. Name the three divisions of Katame waza in English &amp; Japanese.</p> <p>1. _____<br/>(ENGLISH) (JAPANESE)</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>3. _____<br/>(ENGLISH) (JAPANESE)</p> <p>12. Name three of the six men who attained 10th degree (Judan) in Judo.</p> <p>1. _____</p> <p>2. _____<br/>(ENGLISH) (JAPANESE)</p> <p>3. _____</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

13. What are the two principles of Kodokan Judo as defined by Dr. Kano?

1. \_\_\_\_\_
2. \_\_\_\_\_

14. What is the ultimate goal of Judo as defined by Dr. Kano?

*B. Write the Japanese words for the following:*

1. Foot: \_\_\_\_\_
2. Waist or hip: \_\_\_\_\_
3. Hand: \_\_\_\_\_
4. Scarf: \_\_\_\_\_
5. Lock or hold: \_\_\_\_\_
6. Scarf lock hold: \_\_\_\_\_
7. Natural: \_\_\_\_\_
8. Body: \_\_\_\_\_
9. Fundamental or basic: \_\_\_\_\_
10. Defensive (as in posture): \_\_\_\_\_
11. Sweep: \_\_\_\_\_
12. Outside: \_\_\_\_\_
13. Little: \_\_\_\_\_
14. Big or major: \_\_\_\_\_
15. Knee: \_\_\_\_\_
16. Wheel: \_\_\_\_\_
17. Knee wheel throw: \_\_\_\_\_
18. Major hip throw: \_\_\_\_\_
19. Fundamental natural posture: \_\_\_\_\_
20. Fundamental defensive posture: \_\_\_\_\_
21. Shoulder: \_\_\_\_\_
22. Throw: \_\_\_\_\_
23. Reap: \_\_\_\_\_
24. Begin! (referee's command): \_\_\_\_\_
25. Bow: \_\_\_\_\_
26. Shoulder throw: \_\_\_\_\_
27. Major outside reaping throw: \_\_\_\_\_
28. Side: \_\_\_\_\_
29. Side hold: \_\_\_\_\_
30. Right: \_\_\_\_\_
31. Stop! (referee's command): \_\_\_\_\_
32. Teacher: \_\_\_\_\_
33. Hold-down (referee's command): \_\_\_\_\_
34. Broken! (in the case of a hold-down): \_\_\_\_\_
35. Technique: \_\_\_\_\_
36. Throwing technique: \_\_\_\_\_
37. Corners (as in hold-downs): \_\_\_\_\_
38. Mat techniques: \_\_\_\_\_
39. Left: \_\_\_\_\_
40. Forms of gripping one's opponent: \_\_\_\_\_
41. Inside: \_\_\_\_\_
42. Major inner reaping throw: \_\_\_\_\_
43. Point! (referee's command): \_\_\_\_\_
44. Don't move! (referee's command): \_\_\_\_\_
45. Time is up! (referee's command): \_\_\_\_\_
46. Decision win! (referee's command): \_\_\_\_\_
47. Advance (as in advancing foot): \_\_\_\_\_
48. Advancing foot sweep throw: \_\_\_\_\_
49. Sitting on knees: \_\_\_\_\_
50. Sitting crossed legged: \_\_\_\_\_
51. Walking by sliding one foot behind: \_\_\_\_\_

52. Upper corners hold (smothering hold): \_\_\_\_\_

53. Body movement: \_\_\_\_\_

54. Off balance: \_\_\_\_\_

55. Forms of off balance: \_\_\_\_\_

56. Of: \_\_\_\_\_

57. Normal walking: \_\_\_\_\_

58. Judo uniform: \_\_\_\_\_

59. Defense (to an attack): \_\_\_\_\_

60. Judoman or player: \_\_\_\_\_

61. Entry into a throw: \_\_\_\_\_

62. Execution of a throw: \_\_\_\_\_

63. Lower prop: \_\_\_\_\_

64. Lift: \_\_\_\_\_

65. Pull: \_\_\_\_\_

66. Lift-pull action: \_\_\_\_\_

67. Foot stop throw (literally: lower prop, lift, pull, foot): \_\_\_\_\_

68. Throwing from a standing position: \_\_\_\_\_

69. Throwing by falling down on one's back or side: \_\_\_\_\_

70. Time! (given by referee): \_\_\_\_\_

71. Striking techniques: \_\_\_\_\_

72. Sacrifice: \_\_\_\_\_

73. Falling methods or ways: \_\_\_\_\_

74. Slipped, broken, or modified (as in the case of a hold-down): \_\_\_\_\_

75. Front (as in falling): \_\_\_\_\_

76. Repetition attack practice of throws in pairs entering the attack without throwing: \_\_\_\_\_

77. Back (as in falling): \_\_\_\_\_

78. Rolling: \_\_\_\_\_

79. To float or floating: \_\_\_\_\_

80. Floating hip throw: \_\_\_\_\_

81. Little inside reaping throw: \_\_\_\_\_

82. Judogi sleeves: \_\_\_\_\_

83. Hip wheel throw: \_\_\_\_\_

84. Pivoting or turning the body: \_\_\_\_\_

85. Form practice: \_\_\_\_\_

86. Free practice: \_\_\_\_\_

87. The attacker: \_\_\_\_\_

88. The defender: \_\_\_\_\_

89. Foot techniques: \_\_\_\_\_

90. Hand techniques: \_\_\_\_\_

91. Waist or hip techniques: \_\_\_\_\_

92. Direct or flat: \_\_\_\_\_

93. Direct or back falling sacrifice throws: \_\_\_\_\_

94. Side falling sacrifice throws: \_\_\_\_\_

95. Choke: \_\_\_\_\_

96. Choking techniques: \_\_\_\_\_

97. Joint locking techniques: \_\_\_\_\_

98. Holding techniques: \_\_\_\_\_

99. Escapes: \_\_\_\_\_

100. Judogi lapel: \_\_\_\_\_

101. Minor outside reaping throw: \_\_\_\_\_

102. Way of the warrior: \_\_\_\_\_

103. Martial arts: \_\_\_\_\_

104. Step or degree in the black belt Judo ranks: \_\_\_\_\_

105. Practice hall for Judo: \_\_\_\_\_

106. Win by forfeit or default of the opponent before a match: \_\_\_\_\_

107. First degree black belt: \_\_\_\_\_
108. Five stages of technique, the basic syllabus of Kodokan Judo: \_\_\_\_\_
109. Lift-pull hip throw: \_\_\_\_\_
110. Naked strangle: \_\_\_\_\_
111. Spring (as in springing action of the hip): \_\_\_\_\_
112. Loss by violation of the rules: \_\_\_\_\_
113. Decision! (call by referee for judges decision): \_\_\_\_\_
114. Winding pull while throwing: \_\_\_\_\_
115. Combination or faking techniques: \_\_\_\_\_
116. Attention! (ranking student's command to begin opening the class): \_\_\_\_\_
117. Counter techniques: \_\_\_\_\_
118. The principle of gentleness or giving away: \_\_\_\_\_
119. To dash the opponent while throwing: \_\_\_\_\_
120. To send or slide: \_\_\_\_\_
121. Sliding (double) foot sweep throw: \_\_\_\_\_
122. Cooling off exercise in Judo: \_\_\_\_\_
123. Exercise or calisthenics in general: \_\_\_\_\_
124. Thigh: \_\_\_\_\_
125. Warm-up exercises in Judo: \_\_\_\_\_
126. Class or kyu belt ranks in Judo below black belt: \_\_\_\_\_
127. Holder of any black belt rank: \_\_\_\_\_
128. Holder of any rank below black belt: \_\_\_\_\_
129. Sweeping hip throw: \_\_\_\_\_
130. Alternate throwing practice without resistance (timing practice): \_\_\_\_\_
131. Practice in general (both kata and randori): \_\_\_\_\_
132. Posture in general (shizen hontai etc.): \_\_\_\_\_
133. Front rolling falls: \_\_\_\_\_
134. Arm: \_\_\_\_\_
135. Crush: \_\_\_\_\_
136. Cross: \_\_\_\_\_
137. Normal: \_\_\_\_\_
138. I surrender! (given by contestant who cannot tap for surrender): \_\_\_\_\_
139. Pantomime practice: \_\_\_\_\_
140. Drop: \_\_\_\_\_
141. Body drop throw: \_\_\_\_\_
142. Entry methods into mat holds: \_\_\_\_\_
143. Valley: \_\_\_\_\_
144. Shout to gather inner strength: \_\_\_\_\_
145. Internal force or spiritual energy: \_\_\_\_\_
146. Back falls: \_\_\_\_\_
147. Almost ippon! (half point) (call given by referee): \_\_\_\_\_
148. Belt: \_\_\_\_\_
149. Judogi jacket: \_\_\_\_\_
150. Rear (in throwing): \_\_\_\_\_
151. Referee: \_\_\_\_\_
152. Inner thigh throw: \_\_\_\_\_
153. Straw Japanese Judo mats: \_\_\_\_\_
154. Slight superiority (used in judging a contest): \_\_\_\_\_
155. Circle: \_\_\_\_\_
156. Circle throw: \_\_\_\_\_
157. Kneeling bow: \_\_\_\_\_
158. Standing bow: \_\_\_\_\_
159. Tournament: \_\_\_\_\_
160. Third class (kyu) Judo rank: \_\_\_\_\_
161. Second class (kyu) Judo rank: \_\_\_\_\_
162. Caution! (term used by referee): \_\_\_\_\_
163. Lateral wheel throw: \_\_\_\_\_
164. Favorite technique: \_\_\_\_\_
165. Side of the dojo or tournament mat reserved for senior Judoka or officials: \_\_\_\_\_
166. A point by adding two waza-ari techniques: \_\_\_\_\_
167. Half-point added makes full point! (call by referee referee): \_\_\_\_\_
168. Instantaneous promotion: \_\_\_\_\_
169. Combination win by adding a one half point from a violation and one waza-ari: \_\_\_\_\_
170. Minor outside dash throw: \_\_\_\_\_
171. Bent arm lock: \_\_\_\_\_
172. Past master of Judo properly applied only to Dr. Kano: \_\_\_\_\_
173. Pulling hip throw: \_\_\_\_\_
174. Cross arm lock: \_\_\_\_\_
175. Straddling hold: \_\_\_\_\_
176. Normal arm lock: \_\_\_\_\_
177. Begin! (in the case of two contestants who have been frozen by the referee with the command, "sono Mama"): \_\_\_\_\_
178. Normal cross choke: \_\_\_\_\_
179. Half cross choke: \_\_\_\_\_
180. Second degree black belt: \_\_\_\_\_
181. Third degree black belt: \_\_\_\_\_
182. Fourth degree black belt: \_\_\_\_\_
183. Fifth degree black belt: \_\_\_\_\_
184. Sixth degree black belt: \_\_\_\_\_
185. Seventh degree black belt: \_\_\_\_\_
186. Eighth degree black belt: \_\_\_\_\_
187. Ninth degree black belt: \_\_\_\_\_
188. Tenth degree black belt: \_\_\_\_\_
189. Formal forms of throwing, a pre-arranged routine: \_\_\_\_\_
190. Sweeping foot stop throw: \_\_\_\_\_
191. Springing hip throw: \_\_\_\_\_
192. Sliding lapel choke: \_\_\_\_\_
193. Single shoulder choke: \_\_\_\_\_
194. Illegal entwining of the leg in osotogari: \_\_\_\_\_
195. First class (kyu) Judo rank: \_\_\_\_\_
196. Sixth class (kyu) Judo rank: \_\_\_\_\_
197. Fifth class (kyu) Judo rank: \_\_\_\_\_
198. Fourth class (kyu) Judo rank: \_\_\_\_\_
199. Forms of resuscitation used in Judo: \_\_\_\_\_
200. Lateral drop throw: \_\_\_\_\_
201. Shoulder wheel throw: \_\_\_\_\_
202. Reverse cross choke: \_\_\_\_\_
203. Way of life: \_\_\_\_\_
204. Formal forms of holding (a pre-arranged routine): \_\_\_\_\_

205. Formal forms of gentleness (a pre-arranged routine): \_\_\_\_\_
206. Formal forms of self defense a pre-arranged routine): \_\_\_\_\_
207. Ancient forms (a pre-arranged routine): \_\_\_\_\_
208. Forms of five (a pre-arranged routine): \_\_\_\_\_
209. Note! (a slight admonish given by the referee): \_\_\_\_\_
210. Near waza-ari: \_\_\_\_\_
211. Warning! (given by referee for severe or repeated violations): \_\_\_\_\_
212. Avoiding or evasive action: \_\_\_\_\_
213. A little: \_\_\_\_\_
214. Shoulder holding: \_\_\_\_\_
215. Slipped smothering hold: \_\_\_\_\_
216. Slipped scarf hold: \_\_\_\_\_
217. Slipped side hold: \_\_\_\_\_
218. Two handed (as in shoulder throw): \_\_\_\_\_
219. "Winner stays out" team contest: \_\_\_\_\_
220. Foot wheel throw: \_\_\_\_\_
221. Counter for ashi harai called "Swallow flight counter." \_\_\_\_\_
222. Forward Falls: \_\_\_\_\_
223. Black belt Judo association: \_\_\_\_\_
224. Rear scarf hold: \_\_\_\_\_
225. Man for man or elimination tournament: \_\_\_\_\_
226. Practice in pairs: \_\_\_\_\_
227. Contest area: \_\_\_\_\_
228. Maximum efficiency: \_\_\_\_\_
229. Mutual benefit and welfare: \_\_\_\_\_
230. Right natural posture: \_\_\_\_\_
231. Left natural posture: \_\_\_\_\_
232. Right defensive posture: \_\_\_\_\_
233. Left defensive posture: \_\_\_\_\_
234. Twelfth degree black belt (held only by Dr. Kano): \_\_\_\_\_
235. Decision as in self defense instantaneous decisions: \_\_\_\_\_
236. Draw match! (given by referee): \_\_\_\_\_
237. Win of any type: \_\_\_\_\_
238. Loss of any type: \_\_\_\_\_
239. Win by withdrawal of the opponent during a contest: \_\_\_\_\_

#### SECTION FOUR: Demonstration

##### A. Notes:

- Each technique is scored poor (no point), fair (one point), or good (two points). The total scored by the student for all techniques is added up at the end of the exam. In general, the score of poor is given if the student does the wrong technique or grossly bungles it. Fair is given if the examiner feels the student performs well against an unresisting opponent. Good is given if the student is skillful enough with the technique to perhaps use it in randori.
- Techniques may be demonstrated either right or left (if applicable).
- To conduct the demonstration part of the exam, simply get the student on the mat with a partner and ask him to demonstrate each technique when you call out the Japanese and English names. That is: "Please demonstrate hiza guruma, knee wheel."
- Have the student perform the techniques as many times as you wish. Normally the student demonstrates the techniques with his opponent standing or lying still, with one or the other foot forward (in throws) as the techniques requires.
- Do not correct and instruct the student during the examination. Examine him fairly without comments and then total the score. Then whether or not he passes, go back through the exam and correct his mistakes, demonstrating if necessary.

##### B. Demonstrate the following:

- Hiza guruma (knee wheel)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Ogoshi (major hip throw)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Kesa gatame (scarf hold)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_

- Bridge and roll escape from kesa gatame  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Shizen hontai (basic natural posture)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Jigo hontai (basic defense posture)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Seoinage (shoulder throw) (either ippon or morote)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Osoto gari (major outside reaping)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Yokoshiho gatame (side holding)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Leg entangling escape from yokoshiho gatame  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- De ashi harai (advancing foot wesepe)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Ouchi gari (major inside reaping)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Kamishiho gatame (smothering hold)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Single roll escape from kamishiho gatame  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Tsugi ashi (sliding foot movement)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Ayumi ashi (normal walking)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Happo no Kuzushi (forms of off balancing)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Seiza (sitting on knees and feet)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Anza (sitting crosslegged)  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_
- Sleeve grip  
Good (2) \_\_\_\_\_ Fair (1) \_\_\_\_\_ Poor (0) \_\_\_\_\_

- |                                                                                            |                                                                                                      |
|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 21. Swinging arm break for sleeve grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___           | 51. Counter for seoinage<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                   |
| 22. Ukigoshi (floating hip throw)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                | 52. Hiza guruma to osotogari combination and the reverse<br>Good (2) ___ Fair (1) ___ Poor (0) ___   |
| 23. Sasae tsuri komi ashi (foot stop)<br>Good (2) ___ Fair (1) ___ Poor (0) ___            | 53. Kuzure kamishiho gatame (slipped smothering hold)<br>Good (2) ___ Fair (1) ___ Poor (0) ___      |
| 24. Defense against hiza guruma<br>Good (2) ___ Fair (1) ___ Poor (0) ___                  | 54. Double bridge and roll escape against kamishiho gatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___ |
| 25. Defense against ogoshi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                       | 55. Break out entry into mat work<br>Good (2) ___ Fair (1) ___ Poor (0) ___                          |
| 26. Kuzure kesa gatame (slipped scarf hold)<br>Good (2) ___ Fair (1) ___ Poor (0) ___      | 56. Inner sleeve counter grip for collar grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___              |
| 27. Up-hill turn escape from kesa gatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___         | 57. Okuri ashi harai (double foot sweep)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                   |
| 28. Cross face turn over entry into mat work<br>Good (2) ___ Fair (1) ___ Poor (0) ___     | 58. Harai goshi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                            |
| 29. Side falls<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                   | 59. Defense against ukigoshi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                               |
| 30. Front rolling falls<br>Good (2) ___ Fair (1) ___ Poor (0) ___                          | 60. Defense against sasae tsuri komi ashi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                  |
| 31. Front falls<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                  | 61. Counter for ouchi gari<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                 |
| 32. Back falls<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                   | 62. Counter for deashi harai<br>Good (2) ___ Fair (1) ___ Poor (0) ___                               |
| 33. Swinging elbow break through for sleeve grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___ | 63. Katagatame (shoulder hold)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                             |
| 34. Kouchi gari (little inside reaping)<br>Good (2) ___ Fair (1) ___ Poor (0) ___          | 64. Legs over escape from katagatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___                       |
| 35. Koshi guruma (hip wheel)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                     | 65. Swinging knee entry into mat work<br>Good (2) ___ Fair (1) ___ Poor (0) ___                      |
| 36. Defense against osoto gari<br>Good (2) ___ Fair (1) ___ Poor (0) ___                   | 66. Low lapel grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                         |
| 37. Defense against seoinage<br>Good (2) ___ Fair (1) ___ Poor (0) ___                     | 67. Snap out break through for low lapel grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___              |
| 38. Counter for hiza guruma<br>Good (2) ___ Fair (1) ___ Poor (0) ___                      | 68. Tai otoshi (body drop)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                 |
| 39. Counter for ogoshi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                           | 69. Uchi mata (inner thigh)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                |
| 40. Kuzure yokoshiho gatame (slipped side hold)<br>Good (2) ___ Fair (1) ___ Poor (0) ___  | 70. Defense for kouchi gari<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                |
| 41. Bridge and roll escape from yokoshiho gatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___ | 71. Defense for koshi guruma<br>Good (2) ___ Fair (1) ___ Poor (0) ___                               |
| 42. Front and rear 90 degree taisabaki<br>Good (2) ___ Fair (1) ___ Poor (0) ___           | 72. Counter for uki goshi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                  |
| 43. Front and rear 180 degree taisabaki<br>Good (2) ___ Fair (1) ___ Poor (0) ___          | 73. Counter for sasae tsuri komi ashi<br>Good (2) ___ Fair (1) ___ Poor (0) ___                      |
| 44. Collar grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                  | 74. Kouchi gari to seoinage combination and the reverse<br>Good (2) ___ Fair (1) ___ Poor (0) ___    |
| 45. Drive through break for collar grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___          | 75. Ushiro kesa gatame (rear scarf hold)<br>Good (2) ___ Fair (1) ___ Poor (0) ___                   |
| 46. Kosoto gari (little outside reaping)<br>Good (2) ___ Fair (1) ___ Poor (0) ___         | 76. Sit up escape from kesa gatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___                         |
| 47. Tsuru komi goshi (lifting hip throw)<br>Good (2) ___ Fair (1) ___ Poor (0) ___         | 77. Up hill turn escape from ushiro kesa gatame<br>Good (2) ___ Fair (1) ___ Poor (0) ___            |
| 48. Defense against ouchi gari<br>Good (2) ___ Fair (1) ___ Poor (0) ___                   | 78. Sleeve pull around entry into mat work<br>Good (2) ___ Fair (1) ___ Poor (0) ___                 |
| 49. Defense against de ashi harai<br>Good (2) ___ Fair (1) ___ Poor (0) ___                | 79. High lapel grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___                                        |
| 50. Counter for osoto gari<br>Good (2) ___ Fair (1) ___ Poor (0) ___                       | 80. Inner sleeve counter grip for high lapel grip<br>Good (2) ___ Fair (1) ___ Poor (0) ___          |

81. Kosoto gake (little outside reaping)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
82. Tsurigoshi (lifting hip throw)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
83. Defense for okuriashi harai  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
84. Defense for harai goshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
85. Counter for kouchigari  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
86. Counter for koshi guruma  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
87. sasae tsuri komi ashi or hiza guruma to deashi  
hari combination and the reverse  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
88. Tateshiho gatame (straddling hold)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
89. Leg out escape from tateshiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
90. Double belt pull entry into mat work  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
91. Sumi gaeshi take down into mat work  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
92. Double sleeve grip  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
93. Double sleeve counter grip  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
94. Harai tsurikomi ashi (sweeping foot stop)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
95. Hane goshi (springing hip throw)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
96. Defense against taiotoshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
97. Defense against uchimata  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
98. Counter for okuriashi harai  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
99. Counter for hari goshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
100. Harai goshi to opposite side osotogari combination  
and the reverse  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
101. Up hill turn escape from yokoshiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
102. Somersault entry for mat work  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
103. Hadaka jime (naked choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
104. Okuri eri jime (sliding lapel choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
105. Kataha jime (single wing choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
106. Basic escape from all chokes  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
107. Pull down breakthrough for high lapel grip  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
108. Yoko otoshi (side drop)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
109. Kata guruma (shoulder wheel)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
110. Defense against kosoto gake  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
111. Defense against tsurigoshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
112. Counter for tai otoshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
113. Counter for uchimata  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
114. Right forward to left forward throwing combination  
and the reverse. Example:  
(Right harai goshi to left ippon seoi)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
115. Uphill turn escape from kamishiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
116. Double leg grip entry into mat work  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
117. Nami juji jime (normal cross choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
118. Kata juji jime (half cross choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
119. Gyaku juji jime (reverse cross choke)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
120. Jacket end grip  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
121. Inner sleeve counter grip for jacket end grip  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
122. Tomoe nage (circle throw)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
123. Ashi guruma (leg wheel)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
124. Defense against harai tsurikomi ashi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
125. Defense against hane goshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
126. Counter for kosoto gake  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
127. Counter for tsurigoshi  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
128. Uchimata to kouchigari or ouchigari  
combination and the reverse  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
129. Double arm escape from kami shiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
130. Press out escape from kami shiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
131. Legs over escape from kami shiho gatame  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
132. Knee in entry into mat work  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
133. Juji gatame (cross arm lock)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
134. Ude gatame (normal arm lock)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_
135. Ude garami (bent arm lock)  
Good (2) \_\_\_ Fair (1) \_\_\_ Poor (0) \_\_\_

**SECTION NINE:** Additional Requirements for Godan (fifth degree black belt).

1. Demonstrate the entire Nage No Kata (score in the shodan and nidan sections above).
2. Demonstrate the entire Katame No Kata (score in the sandan section above).
3. Demonstrate the fourth and fifth kyo of the Go Kyo No Waza (score in the shodan and nidan sections above).
4. Demonstrate teaching methods for the techniques contained in the six kyu exams and the fourth and fifth kyo of the gokyo no waza.  
Good (2) Fair (1) Poor (0) \_\_\_\_\_

**SECTION TEN:** Results and Certification.

1. Enter here the total score for the information and vocabulary . . . . .
2. Enter here the total scored for the demonstration portion and additional requirements . . . . .
3. Enter here the student's total by adding lines 1 and 2 . . . . .
4. The passing scores for this exam are as follows:  
Shodan **375**  
Nidan: **386**  
Sandan **389**  
Yondan and Godan: **392**

Compare the applicant's score from line 3 with the total required and indicate:

Passed \_\_\_\_\_ Failed \_\_\_\_\_

5. **Certification by the examiner:** I certify that all answers and scores recorded on this exam were properly earned by the student under the provisions of the USJA Senior Rank System, with no outside help.

\_\_\_\_\_  
(Signature of Instructor)

\_\_\_\_\_  
(Judo Rank)

\_\_\_\_\_  
(Signature of National Coaching Staff Member)  
(Sandan and above)

**NOTE:** This exam, with a senior promotion recommendation stapled on top of it, together with the proper fee, must be mailed to the USJA Central Office.

