



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)

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

SECTION TWO: Instructions for the Examiner.

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

A. Answer the following questions:

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| <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. _____ (ENGLISH) (JAPANESE)</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>3. _____ (ENGLISH) (JAPANESE)</p> <p>7. Name the three parts of unarmed combat in English and Japanese.</p> <p>1. _____ (ENGLISH) (JAPANESE)</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>3. _____ (ENGLISH) (JAPANESE)</p> <p>8. Name the two divisions of nage waza in English and Japanese.</p> <p>1. _____ (ENGLISH) (JAPANESE)</p> | <p>9. Name the three divisions of tachi waza (standing techniques) in English and Japanese.</p> <p>1. _____ (ENGLISH) (JAPANESE)</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>3. _____ (ENGLISH) (JAPANESE)</p> <p>10. Name the two divisions of sutemi waza in English & Japanese.</p> <p>1. _____ (ENGLISH) (JAPANESE)</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>11. Name the three divisions of Katame waza in English & Japanese.</p> <p>1. _____ (ENGLISH) (JAPANESE)</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>3. _____ (ENGLISH) (JAPANESE)</p> <p>12. Name three of the six men who attained 10th degree (Judan) in Judo.</p> <p>1. _____</p> <p>2. _____ (ENGLISH) (JAPANESE)</p> <p>3. _____</p> |
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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) _____

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



USJA Senior Recommendation for Promotion

(To be used for both Kyu or Dan ranks)

SECTION ONE: Instructions.

1. All entries must be typed or printed. Forms not properly filled out will be returned to the recommending instructor.
2. The \$3.00 Kyu or \$10.00 Dan promotion fee must accompany this recommendation.
3. The appropriate USJA Examination must be completed and attached to this recommendation.
4. Photo copies of the proper pages of the applicant's Personal Judo Promotion Record must be attached to verify the points in section three.

SECTION TWO: Information on the Applicant.

1. Name: _____
(Last) (First) (Middle)
2. Address: _____
(Street and Number) (City and State) (Zip Code)
3. Present Age: _____
4. Club: _____
5. Rank for which recommended: _____
6. Expiration Date on USJA card: _____

SECTION THREE: Promotion Points Earned Since Last Promotion.

| Category | Points Earned |
|--|---------------|
| Competition points earned since last promotion | |
| Points earned for officiating in or hosting tournaments | |
| Points earned for hosting or conducting USJA clinics | |
| Points earned as head instructor of a USJA chartered club | |
| Points earned as assistant instructor of a USJA chartered club | |
| Total points earned since last promotion | |
| Points required for this rank | |

SECTION FOUR: Certification of the Instructor.

NOTE: Staple the fee, photo copies of Personal Judo Promotion Record, and completed exam form, to this form and forward immediately to the USJA Central Office, 3921 Ella Street, Bossier City, Louisiana 71010.

(Signature of USJA National Coaching Staff Member)
(Required for Sandan and above)

(Signature of USJA Instructor)

(Printed Name and USJA Rank of Instructor)