



UNITED STATES JUDO ASSOCIATION

Exam for all Senior Judo Ranks

Name _____ Rank testing for: _____

Instructor: _____ Existing time-in-grade: _____

Exam Date(s): _____ Required time-in-grade: _____

1. You must be a current member of the United States Judo Association with insurance in order to be examined for judo rank promotion. Upon successful completion of this test and processing by the national office, a certificate of promotion, a rank patch and a membership card showing your new rank will be sent to you.

2. The demonstration part of the exam is scored 0 thru 4. In general, the score of "0" is only given if the candidate does the wrong technique or grossly boggles it. "1" is given for a "fair" demonstration. "2" is an "average/good" score. "3" is given for demonstrations "above average/very good." A score of "4" is only given if the student is skillful enough with the technique to perhaps use it in randori or competition. The written portion is scored 1 point for each blank (some questions have multiple blanks).

3. Techniques may be demonstrated either right side or left side unless otherwise specified.

4. Place a check mark (✓) next to the technique(s) you wish to be examined on where appropriate. Next to each list, there is a guide indicating the required number of techniques you must choose and demonstrate. The examiner will place his/her score as indicated below.

LIST 4-21

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+	
1	3	4	4	4	5	5	5	5	5	5	5	<i>Top row indicates what rank is being tested for.</i>
												<i>Bottom row indicates number of techniques from list that are to be demonstrated.</i>

Example: Demonstrate the following escapes against Kesa Gatame.

 3 Bridge & roll escape

5. Candidates for shodan and nidan can have no more than two zero (0) scores regardless of total points in order to pass. Candidates for sandan and yodan can not have any zero (0) scores regardless of total points in order to pass. Candidates for godan and above can not have any zero (0) or one (1) scores regardless of total points in order to pass.

6. Candidates will be asked to perform each technique by verbal instruction in Japanese and English: instance "Please show me OGOSHI, major hip throw."

Recommendation by the Instructor: I authorize that my student _____
is qualified to be examined and promoted to in accordance with USJA policies and procedures.

Signature of Instructor

Date

Printed Name of Instructor

Rank of Instructor

Certification by the Candidate: I certify that all answers and scores recorded on this exam were properly earned.

Signature of Candidate

Date

Printed Name of Candidate

has not passed

Certification by the Examiner(s): I certify that the above named candidate has passed the attached
test as administered by me and has met all other requirements for this rank promotion.

has passed

the attached

Signature of Examiner #1

Date

Printed Name of Examiner #1

Rank of Examiner #1

Certification Level of Examiner #1

Signature of Examiner #2

Date

Printed Name of Examiner #2

Rank of Examiner #2

Certification Level of Examiner #2

CANDIDATE'S EXAM SUMMARY

Vocabulary Score	_____	Minimum Passing Score	_____%
General Info. Score	_____	Minimum Passing Score	_____%
Demonstration Score	_____	Minimum Passing Score	_____ points

CANDIDATE'S CERTIFICATION REQUIREMENTS

USJA Kata Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Referee Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Rank Examiner Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
USJA Coach Certification	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY

Write the Japanese words for the following:

1. Attention!: _____
2. Bow: _____
3. Begin! _____
4. Stop!: _____
5. Practice hall for judo: _____
6. Teacher: _____
7. Sitting on knees: _____
8. Sitting crossed legged: _____
9. Following foot walking: _____
10. Normal walking: _____
11. Judo uniform: _____
12. Judo practitioner or player: _____
13. Person performing technique: _____
14. Person receiving technique: _____
15. Left: _____
16. Right: _____
17. Falling methods or ways: _____
18. Falling methods to the rear: _____
19. Forward rolling falling: _____
20. Free practice: _____
21. Formal pre-arranged routine practice: _____
22. Tournament: _____
23. (Straw, Japanese) judo mats: _____
24. Hold-down! (referee's call): _____
25. Hold-down broken! (referee's call): _____
26. One point! (referee's award): _____
27. Almost ippon!(referee's award, 1/2 point): _____
28. Near waza-ari! (referee's award: _____
29. Near yuko! (referee's award): _____
30. That is all! (referee's call): _____
31. Sixth class (kyu) judo rank: _____
32. Yes!: _____
33. No!: _____
34. Please: _____
35. Thank you: _____
36. Note! (referee's call for slight penalty): _____
37. Caution! (referee's call for moderate penalty): _____
38. Warning! (referee's call for severe penalty): _____
39. Loss by rule violation (referee's call): _____
40. Decision! (call by referee for judges' decision): _____
41. Don't move! (referee's call): _____
42. Continue! (referee call): _____
43. Fundamental natural posture: _____
44. Fundamental defensive posture: _____
45. Off balance: _____
46. Entry into a throw: _____
47. Execution of a throw: _____
48. Sweeping action done with the leg: _____
49. Reaping action done with the leg: _____
50. Dashing action done with the leg: _____
51. Springing action done with the leg: _____
52. Throw (noun): _____
53. Technique(s): _____
54. Throwing technique(s): _____
55. Hand: _____
56. Hand techniques: _____
57. Foot or Leg: _____
58. Foot techniques: _____
59. Big or major: _____
60. Little or minor: _____
61. Waist or hip: _____
62. Waist or hip techniques: _____
63. Major hip throw: _____
64. Outside: _____
65. Inside: _____
66. Major outside reaping throw: _____
67. Internal force or spiritual energy: _____
68. Shout to gather inner strength: _____

Rokyu stop here
Gokyu and up continue

Gokyu stop here
Yonkyu and up continue

69. Decision win! (referee's award): _____
70. Draw match! (referee s award): _____
71. A full point by adding two waza-ari scores: _____
72. Grappling techniques: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

73. Techniques from a supine position: _____
74. Holding techniques: _____
75. Choke: _____
76. Choking techniques: _____
77. Joint locking techniques: _____
78. The principle of gentleness or giving way: _____
79. Way of life: _____
80. Gentle way: _____
81. Gentle arts: _____
82. Favorite technique: _____
83. Way of the warrior: _____
84. Martial arts: _____
85. Class of belt ranks in judo below black belt: _____
86. Step or degree in the black belt ranks: _____
87. Holder of any black belt rank: _____
88. Holder of any rank below black belt: _____
89. Black belt association: _____
90. Repetition attack practice without throwing, done with partner: _____
91. Alternate throwing practice without resistance, done with partner: _____
92. Solo practice: _____
93. Practice in pairs: _____
94. Practice in general: _____
95. Fourth class (kyu) judo rank: _____
96. Kneeling bow: _____
97. Standing bow: _____
98. Knee: _____
99. Lock or Hold: _____
100. Wheel: _____
101. Side or lateral: _____
102. Fifth class (kyu) judo rank: _____
103. Formal eight directions of off-balancing: _____
108. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: _____
109. Newly certified throwing techniques of Kodokan Judo: _____
110. Instantaneous promotion: _____
111. Sacrifice: _____
112. Throwing from a standing position: _____
113. Throwing techniques done by falling on one's back or side: _____
114. Back falling sacrifice throws: _____
115. Side falling sacrifice throws: _____
116. Striking techniques to vital areas: _____
117. Judo uniform belt: _____
118. Judo uniform jacket: _____
119. Judo uniform pants: _____
120. Judo uniform sleeve: _____
121. Judo uniform lapel: _____
122. Illegal act of locking the legs around the torso of an opponent: _____
123. Warm-up exercises in judo: _____
124. Cooling-off exercises in judo: _____
125. Exercises in general: _____
126. Variation (of a technique): _____
127. Counter technique: _____
128. Combination or faking technique: _____
129. Four corners (as in pins): _____
130. I surrender! : _____
131. Forms of gripping an opponent: _____
132. Normal: _____
133. Reverse: _____
134. Cross : _____
135. Arm: _____
136. Armpit: _____

Yonkyu stop here
Sankyu and up continue

104. Third class (kyu) judo rank: _____
105. Second class (kyu) judo rank: _____
106. First class (kyu) judo rank: _____
107. Meditate! (command at close of class): _____

Sankyu stop here
Nikyu and up continue

137. First degree black belt: _____
138. Second degree black belt: _____
139. Third degree black belt: _____
140. Fourth degree black belt: _____
141. Fifth degree black belt: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

142. Sixth degree black belt: _____
143. Seventh degree black belt: _____
144. Eighth degree black belt: _____
145. Ninth degree black belt: _____
146. Tenth degree black belt: _____
147. Twelfth degree black belt (held only by Dr. Kano): _____
148. Loss of any type: _____
149. Win of any type: _____
150. Win by forfeit or default of the opponent before a match: _____
151. Win by withdrawal of the opponent during a match: _____
152. Combination win by adding a one half point from a violation and one waza-ari: _____
153. Slight superiority (contest call): _____
154. Side of the dojo or tournament mat reserved for senior judoka or officials: _____
155. Cross arm lock : _____
156. Entangle: _____
157. Formal forms of throwing: _____
158. Formal forms of holding: _____
159. Formal forms of gentleness: _____
160. Formal forms of self-defense: _____
161. Formal forms of decision: _____
162. Ancient forms: _____
163. Forms of five: _____
164. Past master of judo (title traditionally applied only to Dr. Kano): _____

Nikyu stop here
Ikkyu and up continue

165. Mutual benefit & welfare: _____
166. Maximum efficiency: _____
167. "Winner stays up" team contest: _____
168. Man-for-man, or elimination tournament: _____

169. Methods of resuscitation used in judo: _____
170. Illegal act of entwining the leg of an opponent: _____
171. Contest area: _____
172. Referee: _____
173. To float or floating: _____
174. Lift: _____
175. Pull: _____
176. Lift-pull action: _____
177. Defense (to an attack): _____
178. Escape (as from a pin): _____
179. Entry methods into matwork: _____
180. Body: _____
181. Thigh: _____
182. Rear, behind (as in throwing and pinning): _____
183. Reverse side, back: _____
184. Pivoting or turning the body: _____
185. Single handed: _____
186. Double handed: _____
187. Both hands: _____
188. Avoiding or evasive action: _____
189. A little: _____
190. Same side gripping (right vs right, left vs left): _____
191. Opposite side gripping (right vs left): _____
192. Pulling or locking hand (usually sleeve hand): _____
193. Power or drawing hand (usually lapel hand): _____
194. Red (used to differentiate players in a match): _____
195. White (used to differentiate players in a match): _____
196. Time! (referee's call): _____
197. Decision or decisiveness (as in thinking fast): _____
198. To drop: _____

Ikkyu stop here
Shodan and above stop here

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION

Write the answers for the following:

1. What is the name of your club?

2. Name of Instructor? _____
3. What is the name of your judo organization?

4. Who was the founder of judo? _____
5. What is the name of the school he founded? _____
6. What is the date of the founding of Kodokan Judo? _____
7. What was unarmed combat called in Japan before judo?

8. How long had unarmed combat martial arts been practiced in Japan? _____

9. Name the three parts of unarmed combat in English and Japanese.
1. _____ / _____
2. _____ / _____
3. _____ / _____
(English) (Japanese)

10. Name the three parts of a judo throw in English and Japanese.
1. _____ / _____
2. _____ / _____
3. _____ / _____
(English) (Japanese)

11. List the belt ranks in order by color.

Rokyu stop here

Gokyu and up continue

12. Name the two divisions of throwing techniques in English and Japanese.
1. _____ / _____
2. _____ / _____
(English) (Japanese)

13. Name the three divisions of standing throwing techniques in English and Japanese.
1. _____ / _____
2. _____ / _____
3. _____ / _____
(English) (Japanese)

14. Name the two divisions of sacrifice throwing techniques in English and Japanese.

1. _____ / _____
2. _____ / _____
(English) (Japanese)

15. What are the ordinal numbers between one and ten in Japanese?

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

Gokyu stop here

Yonkyu and up continue

16. Name the three divisions of mat techniques in English and Japanese.

1. _____ / _____
2. _____ / _____
3. _____ / _____
(English) (Japanese)

17. Name three of the eight men who attained 10th degree black belt (Judan) in judo while they were still alive.

1. _____
2. _____
3. _____

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

1. _____
2. _____

19. What is the ultimate goal of judo as defined by Dr. Kano?

20. What does the acronym G.E.T. P.A.D. (tactical variables for randori/shiai) stand for?

- G. _____ P. _____
E. _____ A. _____
T. _____ D. _____

Yonkyu stop here

Sankyu and up continue

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

21. What year was judo first introduced into the summer Olympic games? _____

22. Who were the four men on the first U.S. Olympic judo team?

1. _____
2. _____
3. _____
4. _____

23. Which American placed the first time judo was included at the Olympics, and what place did he win?

_____ (Name) _____ (Place)

24. Name the six kyu ranks and colored belts from highest to lowest rank (do not list White Belt):

1. _____ / _____
 2. _____ / _____
 3. _____ / _____
 4. _____ / _____
 5. _____ / _____
 6. _____ / _____
- (Color) (Japanese Name)

25. Name (Japanese Name) the 10 black belt ranks in order:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

26. What does the word "JUDO" mean in English?

Sankyu stop here

Nikyu and up continue

27. What other colored belt are some black belt persons entitled to wear?

- 1st Degree - _____
- 2nd Degree - _____
- 3rd Degree - _____
- 4th Degree - _____
- 5th Degree - _____
- 6th Degree - _____
- 7th Degree - _____
- 9th Degree - _____
- 9th Degree - _____
- 10th Degree - _____

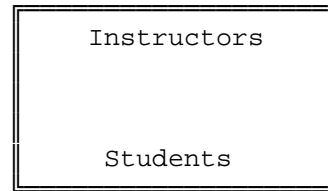
28. What are the four sides of the dojo called?

(Refer to diagram below)

1. _____ / _____
2. _____ / _____
3. _____ / _____
4. _____ / _____

(English) (Japanese)

Side 1



Side 4

Side 2

Side 3

29. Which American was the first to win a medal at the World Championships in judo and what place did he win?

_____ (Name) _____ (Place)

30. List the nine kata of Kodokan Judo in English and Japanese.

1. _____ / _____
2. _____ / _____
3. _____ / _____
4. _____ / _____
5. _____ / _____
6. _____ / _____
7. _____ / _____
8. _____ / _____
9. _____ / _____

(English) (Japanese)

Nikyu stop here

Ikkyu and up continue

31. Name four Americans who have won medals at the Olympic Games in judo, and what place they won.

1. _____
2. _____
3. _____
4. _____

(Name) (Place)

32. Which American was the first to win a gold medal at the Men's World Games in judo?

_____ (Name) _____ (Year)

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

33. Which American was the first to win a gold medal at the Women's World Games in judo?

(Name) (Year)

34. What year was women's judo first introduced into the summer Olympic games as a full medal event? _____

35. What are the ordinal numbers between eleven and twenty in Japanese?

11. _____	16. _____
12. _____	17. _____
13. _____	18. _____
14. _____	19. _____
15. _____	20. _____

ESSAY QUESTIONS

Answer the following:

36. What has judo done for you?

37. What have you done for judo?

Ikkyu stop here
Shodan and up continue

Shodan and above stop here

Name: _____ Rank Testing for: _____

LIST 4-1

NAGE WAZA

Throwing Techniques

Preferred Side Score
Opposite Side Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
4	8	12	16	20	25	30	40	48	56	65	65

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	1	2	3	4	6	8	12	16	20	30

GOKYO-NO-WAZA

Five Stages of Technique

Dai-Ikkyo (set one)

— — —	DE ASHI HARAI	Advanced Foot Sweep	— — —
— — —	HIZA GURUMA	Knee Whirl	— — —
— — —	SASAE TSURI KOMI ASHI	Supporting Lift-Pull Foot	— — —
— — —	UKI GOSHI	Floating Hip	— — —
— — —	OSOTO GARI	Major Outer Reap	— — —
— — —	OGOSHI	Major Hip	— — —
— — —	OUCHI GARI	Major Inner Reap	— — —
— — —	SEOI NAGE	Shoulder Throw	— — —

Dai-Nikyo (set two)

— — —	KOSOTO GARI	Minor Outer Reap	— — —
— — —	KOUCHI GARI	Minor Inner Reap	— — —
— — —	KOSHI GURUMA	Hip Whirl	— — —
— — —	TSURI KOMI GOSHI	Lift-Pull Hip	— — —
— — —	OKURI ASHI HARAI	Assisting Foot Sweep	— — —
— — —	TAI OTOSHI	Body Drop	— — —
— — —	HARAI GOSHI	Sweeping Hip	— — —
— — —	UCHI MATA	Inner Thigh	— — —

Dai-Sankyo (set three)

— — —	KOSOTO GAKE	Minor Outer Hook	— — —
— — —	TSURI GOSHI	Lifting Hip	— — —
— — —	YOKO OTOSHI	Side Drop	— — —
— — —	ASHI GURUMA	Foot Whirl	— — —
— — —	HANE GOSHI	Spring Hip	— — —
— — —	HARAI TSURIKOMI ASHI	Sweeping Lift-Pull Foot	— — —
— — —	TOMOE NAGE	Circle Throw	— — —
— — —	KATA GURUMA	Shoulder Whirl	— — —

Dai-Yonkyo (set four)

— — —	SUMI GAESHI	Comer Reversal ~ I	— — —
— — —	TANI OTOSHI	Valley Drop'	— — —
— — —	HANE MAKI KOMI	Springing Body Wrap	— — —
— — —	SUKUINAGE	Scooping Throw	— — —
— — —	UTSURI GOSHI	Transfer Hip	— — —
— — —	OGURUMA	Major Whirl	— — —
— — —	SOTO MAKI KOMI	Outside Body Wrap	— — —
— — —	UKI OTOSHI	Floating Drop	— — —

Dai-Gokyo (set five)

— — —	OSOTO GURUMA	Major Outer Whirl	— — —
— — —	UKI WAZA	Floating Technique	— — —
— — —	YOKO WAKARE	Side Separation	— — —
— — —	YOKO GURUMA	Side Whirl	— — —
— — —	USHIRO GOSHI	Rear Hip	— — —
— — —	URA NAGE	Back Throw	— — —
— — —	SUMI OTOSHI	Comer Drop	— — —
— — —	YOKO GAKE	Side Dash	— — —

SHINMESHO-NO-WAZA

Newly Certified Techniques
Added to Kodokan Judo in 1982

— — —	MOROTE GARI	Two Hand Reap
— — —	KUCHIKI TAOSHI	Dead Tree Drop
— — —	KIBISU GAESHI	Heel Trip
— — —	UCHI MATA SUKASHI	Inner Thigh Avoidance
— — —	KOUCHI GAESHI	Minor inner Reap Counter
— — —	DAKI AGE	High Lift
— — —	TSUBAME GAESHI	Swallow Counter
— — —	OSOTO GAESHI	Major Outer Counter
— — —	OUCHI GAESHI	Major Inner Counter
— — —	HANE GOSHI GAESHI	Springing Hip Counter
— — —	HARAI GOSHI GAESHI	Sweeping Hip Counter
— — —	UCHI MATA GAESHI	Inner Thigh Counter
— — —	KANI BASAMI	Crab Claw
— — —	KAWAZU GAKE	One-Leg Entanglement
— — —	OSOTO MAKIKOMI	Major Outer Wrap Around
— — —	UCHI MATA MAKIKOMI	Inner Thigh Wrap Around
— — —	HARAI MAKIKOMI	Sweeping Wrap Around



Techniques deleted from original 1895 Gokyo-No-Waza
in 1920 and reintroduced in 1982

— — —	OBIOTOSHI	Belt Drop
— — —	DAKI WAKARE	High Separation
— — —	HIKIKOMI GAESHI	Back Fall Reversal
— — —	OSOTO OTOSHI	Major Outer Drop
— — —	TAWARA GAESHI	Rice Bag Reversal
— — —	UCHI MAKIKOMI	Inner Wrap Around
— — —	SEOI OTOSHI	Shoulder Drop
— — —	YAMA ARASHI	Mountain Storm

Name: _____

Rank Testing for: _____

Score
Selection

MISC. THROWING SKILLS

LIST 4-2

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	3	4	4	4	4	4	4	4	4	4	4

Demonstrate your personal attack system against the four corners of an opponent.

- | | | | |
|-----|------------------------------|-----|-------------------------------|
| — — | Opponent's left-front corner | — — | Opponent's right-front corner |
| — — | Opponent's left-rear corner | — — | Opponent's right-rear corner |

LIST 4-3

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	3	4	6	6	6	6	6	6	6	6	6

Demonstrate your personal attack system as an opponent moves in the following directions

- | | | | |
|-----|----------------------------------|-----|---------------------------------------|
| — — | Opponent moves to your left | — — | Opponent moves to your right |
| — — | Opponent moves directly into you | — — | Opponent moves directly away from you |
| — — | Opponent circles you to the left | — — | Opponent circles you to the right |

LIST 4-4

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	2	3	4	4	4	4	4	4	4	4

Demonstrate variations of your favorite throw using different gripping configurations.

- | | | | |
|-----|-----------------|-----|-----------------|
| — — | (Grip #1) _____ | — — | (Grip #3) _____ |
| — — | (Grip #2) _____ | — — | (Grip #4) _____ |

RENWAKU WAZA

Combination Techniques

LIST 4-5

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	4	7	9	11	13	16	18	20	22	22

Demonstrate the following attack combinations either right or left side.

- | | | | |
|-----|---|-----|-----------------------------------|
| — — | Forward throw #1 ➡ Pin | — — | Rear throw ➡ Pin #1 . |
| — — | Forward throw #2 ➡ -Pin | — — | Rear throw ➡ Pin #2 |
| — — | Forward throw #3 ➡ Pin | — — | Rear throw ➡ Pin #3 |
| — — | 2-Knee SEOINAGE ➡ Arm lock | — — | OUCHI GARI ➡ Forward throw |
| — — | Forward throw #1 ➡ Arm lock | — — | SASAE TSURIKOMI ASHI ➡ OSOTO GARI |
| — — | Forward throw #2 ➡ Arm lock | — — | Forward throw ➡ Rear throw #1 |
| — — | Forward throw ➡ Opposite side forward throw | — — | Forward throw ➡ Rear throw #2 |
| — — | Sutemi waza ➡ Pin | — — | Forward throw ➡ Rear throw #3 |
| — — | Forward throw ➡ Forward throw #1 | — — | Combination of 3 throws #1 |
| — — | Forward throw ➡ Forward throw #2 | — — | Combination of 3 throws #2 |
| — — | Forward throw ➡ Forward throw #3 | — — | Combination of 3 throws #3 |

Score
Selection

RENWAKU WAZA (continued)

Combination Techniques

LIST 4-6

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	2	2	4	5	6	6	6	6	6	6	6

Demonstrate the following attack combinations either right or left side.

- | | |
|---|---|
| <p>— — Your tokui waza ➡ Forward throw</p> <p>— — Forward throw ➡ Your tokui waza</p> <p>— — Any throw ➡ Sutemi Waza (#1)</p> | <p>— — Your tokui waza ➡ Rear throw</p> <p>— — Rear throw ➡ Your tokui waza</p> <p>— — Any throw ➡ Sutemi Waza (#2)</p> |
|---|---|

LIST 4-7

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	3	3	3	3	3	3	3	3

Demonstrate the following attack combinations either right or left side.

- — Grip, break opponent's posture, move opponent, throw #1, pin, (opponent then escapes from hold)
- — Grip, break opponent's posture, move opponent, throw #2, pin, (opponent then escapes from hold)
- — Grip, break opponent's posture, move opponent, attack, counter attack (opponent), turn-out, turn-over
And pin (opponent), escape from hold

BOGYO

Defense Against Throws

LIST 4-8

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	3	4	6	7	8	9	9	9	9	9	9

Demonstrate the following defenses against a forward throwing attack. Two must be from both a left and right attack.

- | | |
|--|--|
| <p>— — Inside leg jump around</p> <p>— — Outside leg jump around</p> <p>— — Drive (start of Tani Otoshi)</p> <p>— — Pick-up around the back (Ushiro Goshi)</p> <p>— — Hip rotation (start of Osoto Gari)</p> | <p>— — Hip twist</p> <p>— — Diagonal forward</p> <p>— — Pick-up between legs</p> <p>— — Elbow roll against 2-KNEE SEOINAGE</p> |
|--|--|

LIST 4-9

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	7	7	7	7	7	7

Demonstrate the following defenses against throwing attack.

- | | |
|---|--|
| <p>— — Defense against DE ASHI HARAI</p> <p>— — Turn-out against OSOTO GARI</p> <p>— — Step away against OSOTO GARI</p> <p>— — Turn-out against forward throw</p> | <p>— — Round-off against OGOSHI</p> <p>— — Turn-out against OUCHI GARI</p> <p>— — Turn-out against rear throws</p> |
|---|--|

LIST 4-10

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	1	3	4	5	6	6	6	6	6	6

Demonstrate the following defenses against throwing attack.

- | | |
|--|--|
| <p>— — Defense against KOSHI GURUMA</p> <p>— — Turn-out against OUCHI GARI</p> <p>— — Defense against OKURI ASHI HARAI</p> | <p>— — Defense against HARAI GOSHI</p> <p>— — Defense against JUJI GATAME</p> <p>— — Defense against UCHI MATA</p> |
|--|--|

Name: _____

Rank Testing for: _____

KAESHI-NO-WAZA Counter Throw Techniques

Score
Selection

LIST 4-11

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	2	4	6	7	9	12	15	17	20	20	20

Uke attacks with: ➡ . Tori (you) counter with:

- | | |
|---|---|
| <p>— — OSOTO GARI ➡ OSOTO GAESHI</p> <p>— — Forward throw #1 ➡ TANI OTOSHI</p> <p>— — Forward throw #2 ➡ TANI OTOSHI</p> <p>— — Forward throw #3 ➡ TANI OTOSHI</p> <p>— — IPPON SEOINAGE ➡ SUMI GAESHI</p> <p>— — KOUCHI GARI ➡ KOUCHI GAESHI</p> <p>— — KOSHI GURUMA ➡ USHIRO GOSHI</p> <p>— — UKI GOSHI ➡ UTSURI GOSHI</p> <p>— — UCHI MATA ➡ UCHI MATA SUKASHI</p> <p>— — Forward throw ➡ Outside leg jump around to foot Sweep</p> <p>— — Forward throw a ➡ Inside leg jump around to forward throw</p> | <p>— — 2-Knee SEOINAGE ➡ Rear choke</p> <p>— — 2-Knee SEOINAGE ➡ Takedown and pin</p> <p>— — TANI OTOSHI ➡ DE ASHI HARAI</p> <p>— — DE ASHI HARAI ➡ TSUBAMI GAESHI</p> <p>— — OUCHI GARI ➡ OUCHI GAESHI</p> <p>— — TAI OTOSHI ➡ TOMOE NAGE</p> <p>— — TOMOE NAGE ➡ Takedown & pin</p> <p>— — HANE GOSHI ➡ UTSURI GOSHI</p> <p>— — UCHI MATA ➡ TAI OTOSHI (or any other throw)</p> |
|---|---|

KUMI KATA Gripping Forms

LIST 4-12

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	3	4	4	6	7	9	12	12	12	13	13

Demonstrate the following grip control maneuvers and a throw from each.

- | | |
|--|---|
| <p>— — Standard sleeve and lapel grip</p> <p>— — Through the armpit back grip</p> <p>— — Back grip with belt hold</p> <p>— — Over shoulder back grip</p> <p>— — Cross grip with lapel grip</p> <p>— — Cross grip with back or belt grip</p> <p>— — High lapel grip</p> | <p>— — Low lapel grip</p> <p>— — Jacket end grip</p> <p>— — Double sleeve grip (two on two)</p> <p>— — Single sleeve grip (two on one)</p> <p>— — Collar grip</p> <p>— — One hand lapel grip (other hand free)</p> <p>— — Other</p> |
|--|---|

LIST 4-13

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	2	3	4	5	6	7	9	9	9	9	9

Demonstrate all of the following grip breaking maneuvers. Show from both same and opposite side grips.

- | | |
|--|--|
| <p>— — UDE GATAME break against lapel grip</p> <p>— — UDE GATAME break against sleeve grip</p> <p>— — Drive through break against collar grip</p> <p>— — Swinging elbow break against sleeve grip</p> <p>— — Inner sleeve grip against high lapel grip</p> | <p>— — WAKI GATAME against lapel grip</p> <p>— — Snap out break through against low lapel grip</p> <p>— — Swinging arm break against sleeve grip</p> <p>— — Double sleeve counter grip</p> |
|--|--|

Name: _____ Rank Testing for: _____

KATAME WAZA Grappling Techniques

Score
Selection

OSAEKOMI WAZA Holding Techniques

LIST 4-14

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	3	4	5	6	6	6	7	8	10	12	12

— —	KESA GATAME	Scarf Hold	— —	YOKOSHIHO GATAME	Side Hold
— —	KUZURE KESA GATAME	Variant Scarf Hold	— —	KUZURE YOKOSHIHO GATAME	Variant Side Hold
— —	MAKURA KESA GATAME	Pillow Scarf Hold	— —	TATESHIHO GATAME	Straddling Hold
— —	USHIRO KESA GATAME	Reverse Scarf Hold	— —	KAMISHIHO GATAME	Upper 4-Corner Hold
— —	KATA GATAME	Shoulder Hold	— —	KUZURE KAMISHIHO GATAME	Variant Upper 4-Corner Hold
— —	UKI GATAME	Floating Hold	— —	SANKAKUGATAME	Triangular Hold

SHIME WAZA Strangulation Techniques

LIST 4-15

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	2	4	5	6	7	8	9	10	12	12	12

— —	NAMI JUJI JIME	Normal Cross Choke	— —	HADAKA JIME	Naked Choke
— —	GYAKU JUJI JIME	Reverse Cross Choke	— —	OKURI ERI JIME	Sliding Lapel Choke
— —	KATA JUJI JIME	Half Cross Choke	— —	JIKOKU JIME	Hell Strangle
— —	KATAHA JIME	Single Wing Choke d	— —	SANKAKU JIME	Triangular Choke
— —	-SODE GURUMA JIME	Sleeve Wheel Choke	— —	RYOTE JIME	Two Hand Choke
— —	KATATE JIME	One Hand Choke	— —	TSUKKOMI JIME	Thrust Choke

KANSETSU WAZA Joint Locking Techniques

LIST 4-16

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	1	2	3	4	5	6	7	8	10	10

— —	JUJI GATAME	Cross Arm Lock	— —	WAKI GATAME	Arm-Pit Arm Lock
— —	UDE GARAMI	Bent Arm Lock (Up Variation)	— —	SANKAKU GARAMI	Triangular Arm Lock
— —	UDE GARAMI	Bent Arm Lock (Down Variation)	— —	HIZA GATAME	Knee Arm Lock
— —	UDE GATAME	Normal Arm Lock	— —	HARA GATAME	Stomach Arm Lock
— —	TE GATAME	Hand Arm Lock	— —	ASHI GATAME	Leg Arm Lock

Name: _____

Rank Testing for: _____

Score
Selection

HAIRI WAZA

Entry Techniques into Matwork

LIST 4-17

HANDS & KNEES TOP

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	4	4	5	6	7	8	9	9	9	10

- — Cross face turn over
- — Belt pull & TATESHIHO-GATAME entry
- — Double belt pull & rear choke
- — JIKOKU-JIME entry from side
- — Double lapel turn over from bear-hug
- — JUJI-GATAME with somersault
- — Half-Nelson push over from head side
- — Half-Nelson push over from side
- — Figure-4 with head walk-around
- — Figure-4 with sit-thru
- — Elbow & knee pull
- — SANKAKU pull-over entry
- — Other
- — Other
- — Other
- — Other

LIST 4-18

HANDS & KNEES BOTTOM

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	6	7	8	8	9	10

- — UKIWAZA from head & shoulder attack
- — LEG GRAB & DUCK UNDER from head & shoulder attack
- — CRADLE w / left heel trap
- — MOROTE GARI from head & under arms bear hug
- — URA NAGE from head & under arms bear hug
- — UDE GARAMI from head attack & arm in armpit attack
- — MAKI KOMI from head attack & arm in armpit attack
- — LEG HOOK/SEONAGE from bach dojime & choke attack
- — MAKI KOMI/USHIRO KESA GATAME from side & opposite armpit attack
- — WAKI GATAME from side & opposite armpit attack
- — Other
- — Other
- — Other

LIST 4-19

LEGS AROUND TOP

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	5	5	6	6	7	7	8	8	9	10

- — Knee in entry, back leg
- — Knee in entry, cross knee
- — Swinging leg entry
- — Sleeve pull around
- — Double belt pull (w/ bottom trap & keylock)
- — Double belt pull (w/ knee over trap)
- — Summersault entry
- — Ankle trap, knee over
- — Ankle trap, head under
- — One leg Boston Crab entry
- — Cross leg ankle trap
- — Double leg push/pull under to TATESHIHO
- — Choke/under leg entry
- — Measuring worm entry
- — Hand under, force leg up, then down
- — Pants leg pull to USHIRO KESA GATAME
- — Fake choke, cradle (uke tries JVJI GATAME)
- — Legs together to sleeve choke
- — Other
- — Other
- — Other

LIST 4-20

LEGS AROUND BOTTOM

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	6	7	8	8	9	10

- — SANKAKU JIME entry
- — UDE GARAMI
- — Turn over to TATESHIHOGATAME
- — JUJI GATAME
- — Ankle trap / tomoe from leg over attempt
- — SUMI GAESHI w / knee push
- — SUMI GAESHI w / uki waza
- — HIZA GATAME w / knee push
- — Cross choke w / head under arm
- — Cross choke w / back grab
- — Other
- — Other
- — Other

FUSEGI

Escapes from Matwork Attacks

Score
—
Selection
—

LIST 4-21

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	3	4	4	4	5	5	5	5	5	5	5

Demonstrate the following escapes against Kesa Gatame.

- — Bridge & roll escape
- — Uphill turn escape
- — Leg entangling escape
- — Sit-up escape
- — Shoot out/legs over
- — Other
- — Other
- — Other
- — Other

LIST 4-22

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	2	3	4	4	5	5	5	5	5	5	5

Demonstrate the following escapes against Yokoshiho Gatame.

- — Bridge & roll escape
- — Uphill turn escape.
- — Leg entangling leg escape
- — Leg hooking head escape
- — Other
- — Other
- — Other
- — Other
- — Other

LIST 4-23

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	3	4	5	5	5	5	5	5

Demonstrate the following escapes against Kamishiho Gatame.

- — Single roll escape
- — Double bridge & roll escape
- — Double arm
- — Legs over
- — Press out
- — Other
- — Other
- — Other
- — Other

LIST 4-24

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	5	5	5	5	5	5

Demonstrate the following escapes against these misc. matwork attacks.

- — Defense/ escape against rear chokes
- — Defense/ escape against front chokes
- — Legs-over escape from KATA GATAME
- — Leg out escape from TATESHIHO GATAME
- — Defense/ escape against JUJI GATAME

Rank Testing for: _____

Name: _____

Name: _____ Rank Testing for: _____

FREE AN ENTANGLED LEG (IN NEWAZA)

Score
Selection

List 4-25

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	2	4	6	7	9	12	15	17	20	20	20

- — Key lock and pry the leg free.
- — Bear hug the head and one arm, and pry the leg free.
- — Cross hand strangle (nami juji jime, gyaku juji jime, kata juji jime) against an entangled leg.
- — Other
- — Other
- — Other

MISCELLANOUS

LIST 4-26

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
8	13	15	17	18	18	18	18	18	18	19	20

- | | |
|---|---|
| — — ZEMPO KAITEN UKEMI Front rolling fall | — — AYUME ASHI Normal walking |
| — — MA UKEMI Back fall | — — SHIZEN HONTAI Basic natural posture |
| — — ZA REI Kneeling bow | — — JIGO HONTAI Basic defensive posture |
| — — RITSU REI Standing bow | — — TSUGI ASHI Following foot walking |
| — — SEIZA Sitting on knees and feet | — — MAE UKEMI Front fall |
| — — ANZA Sitting crossed-legged | — — MIGI/HIDARI SABAKI 90° right/left turns |
| — — Proper tying of belt | — — MAWARE 180° turns |
| — — RANDORI Free practice | — — KYOSHI High kneeling |
| — — Elbow roll | — — KAPPO Resuscitation |
| — — Round-off Techniques | — — ATEMI-WAZA Striking Techniques |

KATA

Prearranged Forms

LIST 4-27

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	0	0	0	0	1	1	2	3	3	4

Demonstrate the following Kodokan Judo kata.

- | | |
|----------------------------------|---------------------------------------|
| 1. Nage-No-Kata | Forms of throwing |
| 2. Katame-No-Kata | Forms of grappling |
| 3. Ju-No-Kata | Forms of gentleness |
| 4. Kime-No-Kata | Forms of decision |
| 5. Goshinjitsu-No-Kata | Forms of self-defense |
| 6. Joshi Goshin-Ho | Women's forms of self-defense |
| 7. Itsutsu-No-Kata | Forms of five |
| 8. Koshiki-No-Kata | Antique forms |
| 9. Seiryoku-Zenyo-Kokumin-Taiiku | Maximum efficiency physical education |

TEACHING EXPERTISE

LIST 4-28

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	0	0	0	0	0	0	0	1	2	2

1. Teach the requirements through shodan.
2. Teach the requirements through sandan.
3. Teach the requirements through godan (requirement for master examiners).

EXAM SCORES

	RANK											
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
<u>Vocabulary Score</u>												
Vocabulary Passing Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%
<u>General Info. Score</u>												
General Passing Info. Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%
LIST 4 - 1 (a+b)												
LIST 4 - 2												
LIST 4 - 3												
LIST 4 - 4												
LIST 4 - 5												
LIST 4 - 6												
LIST 4 - 7												
LIST 4 - 8												
LIST 4 - 9												
LIST 4 - 10												
LIST 4 - 11												
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LIST 4 - 22												
LIST 4 - 23												
LIST 4 - 24												
LIST 4 - 25												
LIST 4 - 26												
LIST 4 - 27												
LIST 4 - 28												
<u>TOTAL SCORE FOR DEMONSTRATION</u>												
Minimum Total Passing Score for Demonstration Portion	46.5	100.5	196	260	312	362	522.5	595	655	858	930	1144.5
Average Passing Score (per skill) for Demonstration Portion	1.5	1.5	2	2	2	2	2.5	2.5	2.5	3	3	3.5
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+