



UNITED STATES JUDO ASSOCIATION

Examination for Senior Shodan Judo Rank

Name: _____

Date of Birth _____

USJA Membership # _____

Membership Expiration Date: _____

Exam Date(s): _____

Time-in-grade Required: 1 to 2 years

Time-in-grade: _____

Promotion Points

Class Attendance Points _____

Clinic/Camp Points _____

Tournament Entry Points _____

Tournament Win Points _____

Tournament Placement Points _____

Judo Service Points _____

USJA Service Points _____

Certification Points _____

Required Promotion Points: 28 to 33 points

Total Points _____

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 USJA National Office, a certificate of promotion, a rank patch and a membership card showing your new rank will be issued to you.
2. The demonstration part of the exam is scored 0 thru 4. In general:
 - 0 = wrong technique or grossly boggled
 - 1 = fair demonstration
 - 2 = average/good score
 - 3 = above average/very good
 - 4 = skillful enough to use it in randori or competition
3. The written portion is scored 1 point for each blank (some questions have multiple blanks).
4. Techniques may be demonstrated either right side or left side unless otherwise specified.
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: for 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

Certification by the Examiner(s): I certify that the above named candidate has passed has not passed the attached examination as administered by me and has met all other requirements for this rank promotion.

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

Examination for USJA Senior Shodan Judo Rank

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. Falling methods to the side: _____
20. Forward rolling falling: _____
21. Free practice: _____
22. Formal pre-arranged routine practice: _____
23. Tournament: _____
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. Note! (referee's penalty call): _____
33. Loss by rule violation (referee's call): _____
34. Decision! (referee for judges' decision): _____
35. Don't move! (referee's call): _____
36. Continue! (referee call): _____
37. Fundamental natural posture: _____
38. Fundamental defensive posture: _____

39. Off balance: _____
40. Entry into a throw: _____
41. Execution of a throw: _____
42. Sweeping action done with the leg: _____
43. Reaping action done with the leg: _____
44. Dashing action done with the leg: _____
45. Springing action done with the leg: _____
46. Throw (noun): _____
47. Technique(s): _____
48. Throwing technique(s): _____
49. Hand: _____
50. Hand techniques: _____
51. Foot or Leg: _____
52. Foot techniques: _____
53. Big or major: _____
54. Little or minor: _____
55. Waist or hip: _____
56. Waist or hip techniques: _____
57. Major hip throw: _____
58. Outside: _____
59. Inside: _____
60. Major outside reaping throw: _____
61. Internal force or spiritual energy: _____
62. Shout to gather inner strength: _____
63. Fifth class (kyu) judo rank: _____
64. Decision win! (referee's award): _____
65. Draw match! (referee s award): _____
66. One point by 2 waza-ari's: _____
67. Grappling techniques: _____
68. Techniques from a supine position: _____
69. Holding techniques: _____
70. Choke: _____
71. Choking techniques: _____
72. Joint locking techniques: _____
73. The principle of gentleness or giving way: _____
74. Way of life: _____
75. Gentle way: _____
76. Gentle arts: _____
77. Favorite technique: _____

78. Way of the warrior: _____
79. Martial arts: _____
80. Class of belt ranks below black belt: _____
81. Step or degree in the black belt ranks: _____
82. Holder of any black belt rank: _____
83. Holder of any rank below black belt: _____
84. Black belt association: _____
85. Repetition attack practice without throwing, done with partner: _____
86. Alternate throwing practice without resistance, done with partner: _____
87. Solo practice: _____
88. Practice in pairs: _____
89. Practice in general: _____
90. Fourth class (kyu) judo rank: _____
91. Kneeling bow: _____
92. Standing bow: _____
93. Knee: _____
94. Lock or Hold: _____
95. Wheel: _____
96. Side or lateral: _____
97. Eight directions of off-balancing: _____
98. Third class (kyu) judo rank: _____
99. Second class (kyu) judo rank: _____
100. First class (kyu) judo rank: _____
101. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: _____
102. Newly certified throwing techniques of Kodokan Judo: _____
103. Instantaneous promotion: _____
104. Sacrifice: _____
105. Throwing from a standing position: _____
106. Throwing techniques done by falling on one's back or side: _____
107. Back falling sacrifice throws: _____
108. Side falling sacrifice throws: _____
109. Striking techniques to vital areas: _____
110. Judo uniform belt: _____
111. Judo uniform jacket: _____
112. Judo uniform pants: _____
113. Judo uniform sleeve: _____
114. Judo uniform lapel: _____
115. Illegal act of locking the legs around the torso of an opponent: _____
116. Warm-up exercises in judo: _____
117. Cooling-off exercises in judo: _____
118. Exercises in general: _____
119. Variation (of a technique): _____
120. Counter technique: _____
121. Combination technique: _____
122. Four comers (as in pins): _____
123. I surrender! : _____
124. Forms of gripping an opponent: _____
125. Normal: _____
126. Reverse: _____
127. Cross : _____
128. Arm: _____
129. Armpit: _____
130. First degree black belt: _____
131. Second degree black belt: _____
132. Third degree black belt: _____
133. Fourth degree black belt: _____
134. Fifth degree black belt: _____
135. Sixth degree black belt: _____
136. Seventh degree black belt: _____
137. Eighth degree black belt: _____
138. Ninth degree black belt: _____
139. Tenth degree black belt: _____
140. Twelfth degree black belt (held only by Dr. Kano): _____
141. Loss of any type: _____
142. Win of any type: _____
143. Win by forfeit or default of the opponent before a match: _____
144. Win by withdrawal of the opponent during a match: _____
145. Combination win by adding a half point from a violation and one waza-ari: _____
146. Side of the dojo or tournament mat reserved for senior judoka or officials: _____
147. Cross arm lock _____
148. Entangle: _____
149. Formal forms of throwing: _____

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? (Count to ten!)

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

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. <u>Yoshiake Yamashita</u> | 5. <u>Kunisaburo Iizuka</u> |
| 2. <u>Hidekazu Nagaoka</u> | 6. <u>Kaichiro Samura</u> |
| 3. <u>Hajime Isogai</u> | 7. <u>Shotaro Tabata</u> |
| 4. <u>Kyuzo Mifune</u> | 8. <u>Sumiyuki Kotani</u> |

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 = Grip P = Posture
E. = Edge of Mat A = Angle of Attack
T = Tempo D = Direction of Movement

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. Ben Campbell (now a US Senator)
2. Jim Bregman (retired US Gov. & Consultant)
3. George Harris (retired US Air Force NCO)
4. Paul Maruyama (retire US Air Force Officer)

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

Jim Bregman Bronze – Third Place
(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?

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 - _____
8th Degree - _____
9th Degree - _____
10th Degree - _____

DEMONSTRATION

Point Score Scale				
Excellent	Above Average	Good Average	Fair	Wrong Boggled
4	3	2	1	0

Ukemi

Falling Ways

(The candidate must successfully complete this section in order to proceed with the exam.)

1. Ushiro Ukemi (Back falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
2. Migi Yoko Ukemi (Right Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
3. Hidari Yoko Ukemi (Left Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
4. Zempo Kaiten Ukemi (Forward rolling falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
5. Front falls
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Sitting & Bowing

6. Seiza (sitting on knees and feet)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
7. Anza (sitting cross-legged)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
8. Za Rei (formal kneeling bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
9. Ritsu Rei (standing bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Posture & Movement

10. Shizen hontai (basic natural posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
11. Jigo hontai (basic defense posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
12. Tsugi ashi (Follow foot movement)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
13. Ayumi ashi (normal walking)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
14. Tai sabaki Front and rear 90 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
15. Tai sabaki Front and rear 180 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
16. Happo no Kuzushi (forms of off balancing)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata

Gripping Forms

17. Standard Sleeve & Lapel Grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
18. Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
19. Swinging elbow break through for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
20. Collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
21. Drive through break for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
22. Inner sleeve counter grip for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. Low lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
24. Snap out break through for low lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
25. High lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
26. Inner Sleeve counter grip for high lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
27. Pull down break through for high lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
28. Double sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
29. Double sleeve counter grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
30. Jacket end grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
31. Inner sleeve counter grip for jacket end grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
32. Ude Gatame break for sleeve grip.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
33. Ude Gatame break for lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
34. Wake Gatame break for lapel grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

35. Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
36. O Goshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
37. Ippon Seoinage (Single shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
38. Osoto Gari (major outside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
39. De Ashi Barai (advancing foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
40. Uchi Gari (major inside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

41. Uki Goshi (floating hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
42. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
43. Ko Uchi Gari (minor inside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
44. Koshi Guruma (hip wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
45. Ko Soto Gari (minor outside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
46. Tsuru Komi Goshi (lifting-pulling hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
47. Okuri Ashi Barai (sliding foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
48. Harai Goshi (sweeping hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
49. Tai Otoshi (body drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
50. Uchi Mata (inner thigh throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Ko Soto Gake (minor outside dash)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
52. Tsuru Goshi (lifting hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Harai Tsuru Komi Ashi (sweeping lift-pull foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
54. Hane Goshi (springing hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
55. Yoko Otoshi (side drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
56. Kata Guruma (shoulder wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
57. Tomoe Nage (circle throw) .
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
58. Ashi Guruma (leg/foot wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Sumi Gaeshi (corner counter throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
60. Tani Otoshi (valley drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Hane Maki Komi (springing winding pull)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
62. Sukui Nage (scooping throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
63. Utsuri Goshi (transfer hip)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
64. O Guruma (major wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
65. Maki Komi (winding pull)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
66. Uki Otoshi (floating drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
67. Morote Seoinage (double shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo Defense Against Throws

68. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
69. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
70. Defense against Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
71. Defense against Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
72. Defense against Ouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
73. Defense against De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
74. Defense against Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
75. Defense against Sasae Tsuru Komi Ashi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
76. Defense for Kouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
77. Defense for Koshi Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
78. Defense for Okuri Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
79. Defense for Harai Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
80. Defense against Tai Otoshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
81. Defense against Uchi Mata
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
82. Defense against Ko Soto Gake .
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
83. Defense against Tsuru Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
84. Defense against Harai Tsuru Komi Ashi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
85. Defense against Hane Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza Counter Throwing Techniques

86. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
87. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
88. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Counter for Ouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Counter for De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Counter for Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
93. Counter for Sasae Tsuru Komi Ashi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
94. Counter for Ko Uchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

95. Counter for Koshi Guruma	4	3	2	1	0
96. Counter for Okuri Ashi Barai	4	3	2	1	0
97. Counter for Harai Goshi	4	3	2	1	0
98. Counter for Tai Otoshi	4	3	2	1	0
99. Counter for Uchi Mata	4	3	2	1	0
100. Counter for Ko Soto Gake	4	3	2	1	0
101. Counter for Tsuru Goshi	4	3	2	1	0

Renwaku Waza

Combination Techniques

102. Hiza Guruma to O Soto Gari combination	4	3	2	1	0
103. O Soto Gari to Hiza Guruma combination	4	3	2	1	0
104. Ko Uchi Gari to Seoinage combination	4	3	2	1	0
105. Seoinage to Ko Uchi Gari combination	4	3	2	1	0
106. Hiza Guruma to De Ashi Barai combination	4	3	2	1	0
107. De Ashi Barai to Hiza Guruma combination	4	3	2	1	0
108. Sasae Tsuru Komi Ashi to De Ashi Barai combination	4	3	2	1	0
109. De Ashi Barai to Sasae Tsuru Komi Ashi combination	4	3	2	1	0
110. Harai Goshi to opposite side O Soto Gari combination	4	3	2	1	0
111. O Soto Gari to opposite side Harai Goshi combination	4	3	2	1	0
112. Right forward to left forward combination	4	3	2	1	0
113. Left forward to right forward combination	4	3	2	1	0
114. Uchi Mata to Ko Uchi Gari or O Uchi Gari combination	4	3	2	1	0
115. Ko Uchi Gari or O Uchi Gari to Uchi Mata combination	4	3	2	1	0

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

116. Kesa Gatame (scarf hold)	4	3	2	1	0
117. Yoko Shiho Gatame (side 4 corners hold)	4	3	2	1	0

118. Kami Shiho Gatame (upper 4 corners hold)	4	3	2	1	0
119. Kuzure Kesa Gatame (modified scarf hold)	4	3	2	1	0
120. Kuzure Yoko Shiho gatame (modified side 4 corners hold)	4	3	2	1	0
121. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)	4	3	2	1	0
122. Kata Gatame (shoulder hold)	4	3	2	1	0
123. Ushiho Kesa Gatame (reverse scarf hold)	4	3	2	1	0
124. Tate Shiho Gatame (straddling 4 corners hold)	4	3	2	1	0
125. Uki Gatame (Floating Hold)	4	3	2	1	0

Shime Waza

Strangulation (Choking) Techniques

126. Hadaka Jime (naked choke)	4	3	2	1	0
127. Okuri Eri Jime (sliding lapel choke)	4	3	2	1	0
128. Kata Ha Jime (single wing choke)	4	3	2	1	0
129. Nami Juji Jime (normal cross choke)	4	3	2	1	0
130. Kata Juji Jime (half cross choke)	4	3	2	1	0
131. Gyaku Juji Jime (reverse cross choke)	4	3	2	1	0
132. Sankaku Jime (Triangular Choke)	4	3	2	1	0
133. Ryote Jime (Two Hand Choke)	4	3	2	1	0
134. Jikoku Jime (Hell Strangle)	4	3	2	1	0

Kansetsu Waza

Joint Locking Techniques

135. Juji Gatame (cross arm lock)	4	3	2	1	0
136. Ude Gatame (normal arm lock)	4	3	2	1	0
137. Ude Garami (bent arm lock)	4	3	2	1	0

Fusegi

Escapes from Grappling Techniques

138. Uphill turn escape from Kesa Gatame	4	3	2	1	0
139. Bridge and roll escape from Kesa Gatame	4	3	2	1	0
140. Sit up escape from Kesa Gatame	4	3	2	1	0
141. Leg entangling escape from Yoko Shiho Gatame	4	3	2	1	0

142. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
143. Uphill turn escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
144. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
145. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
146. Uphill turn escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
147. Double arm escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
148. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
149. Legs over escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
150. Legs over escape from Kata Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
151. Up hill turn escape from Ushiro Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
152. Leg out escape from Tate Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
153. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
154. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
155. Basic defense against arm locks
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

156. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
157. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
158. Cross face turn over entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
159. Break out entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
160. Swinging knee entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
161. Sleeve pull around entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
162. Double belt pull entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
163. Sumi Gaeshi take down into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
164. Somersault entry for mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
165. Double leg grip entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
166. Knee in entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kata

Prearranged Forms

Nage No Kata

Forms of Throwing

167. Nage No Kata - Tewaza
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
168. Nage No Kata - Koshi waza
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
169. Nage No Kata - Ashi waza
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Demonstration Perfect Score = 676

Minimum Passing Score = 423 or higher

Actual Score = _____