



UNITED STATES JUDO ASSOCIATION

Examination for Senior Nikyu Judo Rank

Name: _____

Date of Birth _____

USJA Membership # _____

Membership Expiration Date: _____

Exam Date(s): _____

Time-in-grade Required: 8 to 12 months

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: 17 to 22 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 Nikyu 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: _____

8. _____ / _____
 9. _____ / _____
 (English) (Japanese)

General Knowledge Perfect Score = 139

Passing Score = 98 or higher

Actual Score = _____

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 ___

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 ___

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 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

32. Hiza Guruma (knee wheel)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 33. O Goshi (major hip throw)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 34. Ippon Seoinage (Single shoulder throw)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 35. Osoto Gari (major outside reaping)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

36. De Ashi Barai (advancing foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
37. Uchi Gari (major inside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
38. Uki Goshi (floating hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
39. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
40. Ko Uchi Gari (minor inside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
41. Koshi Guruma (hip wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
42. Ko Soto Gari (minor outside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
43. Tsuru Komi Goshi (lifting-pulling hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
44. Okuri Ashi Barai (sliding foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
45. Harai Goshi (sweeping hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
46. Tai Otoshi (body drop)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
47. Uchi Mata (inner thigh throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
48. Ko Soto Gake (minor outside dash)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
49. Tsuru Goshi (lifting hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
50. Harai Tsuru Komi Ashi (sweeping lift-pull foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Hane Goshi (springing hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo

Defense Against Throws

52. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
54. Defense against Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
55. Defense against Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
56. Defense against Uchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
57. Defense against De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
58. Defense against Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Defense against Sasae Tsuru Komi Ashi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
60. Defense for Kouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Defense for Koshi Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
62. Defense for Okuri Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
63. Defense for Harai Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

64. Defense against Tai Otoshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
65. Defense against Uchi Mata
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza

Counter Throwing Techniques

66. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
67. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
68. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
69. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
70. Counter for Uchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
71. Counter for De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
72. Counter for Uki Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
73. Counter for Sasae Tsuru Komi Ashi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
74. Counter for Ko Uchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
75. Counter for Koshi Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
76. Counter for Okuri Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
77. Counter for Harai Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza

Combination Techniques

78. Hiza Guruma to O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
79. O Soto Gari to Hiza Guruma combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
80. Ko Uchi Gari to Seoinage combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
81. Seoinage to Ko Uchi Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
82. Hiza Guruma to De Ashi Barai combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
83. De Ashi Barai to Hiza Guruma combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
84. Sasae Tsuru Komi Ashi to De Ashi Barai combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
85. De Ashi Barai to Sasae Tsuru Komi Ashi combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
86. Harai Goshi to opposite side O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
87. O Soto Gari to opposite side Harai Goshi combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

88. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Kami Shiho Gatame (upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Kuzure Kesa Gatame (modified scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Kuzure Yoko Shiho gatame (modified side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
93. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
94. Kata Gatame (shoulder hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
95. Ushiro Kesa Gatame (reverse scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
96. Tate Shiho Gatame (straddling 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Shime Waza

Strangulation (Choking) Techniques

97. Hadaka Jime (naked choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
98. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
99. Kata Ha Jime (single wing choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kansetsu Waza

Joint Locking Techniques

100. Juji Gatame (cross arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
101. Ude Gatame (normal arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
102. Ude Garami (bent arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

103. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
104. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
105. Sit up escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
106. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
107. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
108. Uphill turn escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
109. Single roll escape from Kami Shiho Gatame

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
110. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
111. Uphill turn escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
112. Double arm escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
113. Press out escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
114. Legs over escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
115. Legs over escape from Kata Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
116. Up hill turn escape from Ushiro Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
117. Leg out escape from Tate Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
118. Basic defense/escape for chokes from behind
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
119. Basic defense/escape for chokes from in front
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
120. Basic defense against arm locks
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

121. Half-Nelson entry from the front.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
122. Half-Nelson entry from the side.
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
123. Cross face turn over entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
124. Break out entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
125. Swinging knee entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
126. Sleeve pull around entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
127. Double belt pull entry into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
128. Sumi Gaeshi take down into mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
129. Somersault entry for mat work
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Demonstration Perfect Score = 516

Minimum Passing Score = 258 or higher

Actual Score = _____