



UNITED STATES JUDO ASSOCIATION

Examination for Senior Sankyu Judo Rank

Name: _____

Date of Birth _____

USJA Membership # _____

Membership Expiration Date: _____

Exam Date(s): _____

Time-in-grade Required: 6 to 9 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: 12 to 20 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 Sankyu Judo Rank

JAPANESE VOCABULARY

Write the Japanese words for the following:

1. Attention!: Kiyotsuke
2. Bow: Rei
3. Begin! Hajime
4. Stop!: Matte
5. Practice hall for judo: Dojo
6. Teacher: Sensei
7. Sitting on knees: Seiza
8. Sitting crossed legged: Anza
9. Following foot walking: Tsugi Ashi
10. Normal walking: Ayumi Ashi
11. Judo uniform: Judo gi
12. Judo practitioner or player: Judoka
13. Person performing technique: Tori
14. Person receiving technique: Uke
15. Left: Hidari
16. Right: Migi
17. Falling methods or ways: Ukemi
18. Falling methods to the rear: Ushiro Ukemi
19. Falling methods to the side: Yoko Ukemi
20. Forward rolling falling: Zempo Kaiten Ukemi
21. Free practice: Randori
22. Formal pre-arranged routine practice: Kata
23. Tournament: Shiai
24. Hold-down! (referee's call): Osaekomi
25. Hold-down broken! (referee's call): Toketa
26. One point! (referee's award): Ippon
27. Almost ippon! (1/2 point): Waza Ari
28. Near waza-ari! (referee's award): Yuko
29. Near yuko! (referee's award): Koka
30. That is all! (referee's call): Sore Made
31. Sixth class (kyu) judo rank: Rokyu/Rokkyu
32. Note! (referee's penalty call): Shido
33. Loss by rule violation: Hansoku Make
34. Decision! (referee for judges' decision): Hantei
35. Don't move! (referee's call): Sono Mama
36. Continue! (referee call): Yoshi
37. Fundamental natural posture: Shizen Hon Tai
38. Fundamental defensive posture: Jigo Hon Tai
39. Off balance: Kuzushi
40. Entry into a throw: Tsukuri
41. Execution of a throw: Kake
42. Sweeping action done with the leg: Harai/Barai
43. Reaping action done with the leg: Gari
44. Dashing action done with the leg: Kake/Gake
45. Springing action done with the leg: Hane
46. Throw (noun): Nage
47. Technique(s): Waza
48. Throwing technique(s): Nage Waza
49. Hand: Te
50. Hand techniques: Te Waza
51. Foot or Leg: Ashi
52. Foot techniques: Ashi Waza
53. Big or major: O
54. Little or minor: Ko
55. Waist or hip: Koshi/Goshi
56. Waist or hip techniques: Koshi Waza
57. Major hip throw: O Goshi
58. Outside: Soto
59. Inside: Uchi
60. Major outside reaping throw: O Soto Gari
61. Internal force or spiritual energy: Ki
62. Shout to gather inner strength: Kiai
63. Fifth class (kyu) judo rank: Gokyu
64. Decision win! (referee's award): Yusei Gachi
65. Draw match! (referee s award): Hiki Wake
66. Win by 2 waza-ari's: Waza Ari Awasete Ippon
67. Grappling techniques: Katame Waza
68. Techniques from a supine position: Ne Waza
69. Holding techniques: Osae Komi Waza
70. Choke: Shime/Jime
71. Choking techniques: Shime Waza
72. Joint locking techniques: Kansetsu Waza
73. The principle of gentleness or giving way: Ju
74. Way of life: Do
75. Gentle way: Judo
76. Gentle arts: Jujitsu

77. Favorite technique: Tokui Waza
78. Way of the warrior: Bushido
79. Martial arts: Budo
80. Class of belt ranks below black belt: Kyu
81. Step or degree in the black belt ranks: Dan
82. Holder of any black belt rank: Yudansha
83. Holder of any rank below black belt: Mudansha
84. Black belt association: Yudanshakai
85. Repetition attack practice without throwing, done with partner: Uchi Komi
86. Alternate throwing practice without resistance, done with partner: Sute Geiko
87. Solo practice: Tandoku Renshu
88. Practice in pairs: Sotai Renshu
89. Practice in general: Keiko
90. Fourth class (kyu) judo rank: Yonkyu
91. Kneeling bow: Za Rei
92. Standing bow: Ritsu Rei
93. Knee: Hiza
94. Lock or Hold: Katame/Gatame
95. Wheel: Guruma
96. Side or lateral: Yoko
97. 8 directions of off-balancing: Happo no Kuzushi
98. Third class (kyu) judo rank: Sankyu
99. Second class (kyu) judo rank: Nikyu
100. First class (kyu) judo rank: Ikkyu
101. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: Go Kyo No Waza
102. Newly certified throwing techniques of Kodokan Judo: Shinmesho No Waza
103. Instantaneous promotion: Batsugun
104. Sacrifice: Sutemi
105. Throwing (standing): Tachi Waza
106. Throwing techniques done by falling on one's back or side: Sutemi Waza
107. Back falling sacrifice throws: Ma Sutemi Waza
108. Side falling sacrifice throws: Yoko Sutemi Waza
109. Striking techniques to vital areas: Atemi Waza
110. Judo uniform belt: Obi
111. Judo uniform jacket: Uwagi
112. Judo uniform pants: Zubon

113. Judo uniform sleeve: Sode
114. Judo uniform lapel: Eri
115. Illegal act of locking the legs around the torso of an opponent: Do Jime
116. Warm-up exercises in judo: Junbi Undo
117. Cooling-off exercises in judo: Shumatsu Undo
118. Exercises in general: Taiso
119. Variation (of a technique): Kuzure
120. Counter technique: Kaeshi Waza
121. Combination technique: Renwaku Waza
122. Four comers (as in pins): Shi Ho
123. I surrender! : Maitta
124. Forms of gripping an opponent: Kumi Kata
125. Normal: Nami
126. Reverse: Gyaku
127. Cross : Juji
128. Arm: Ude
129. Armpit: Wake

Japanese Vocabulary Perfect Score = 129

Passing Score = 91 or higher

Actual Score = _____

GENERAL INFORMATION

Write the answers for the following:

1. What is the name of your club? Budokan Judo
2. Name of Instructor? Marshall Coffman
3. What is the name of your judo organization?
The United States Judo Association (USJA)
4. Who was the founder of judo? Dr. Jigoro Kano
5. What is the name of the school he founded?
The Kodokan
6. What is the date of the founding of Kodokan Judo? 1882
7. What was unarmed combat called in Japan before judo?
Jujitsu

8. How long had unarmed combat martial arts been practiced in Japan? 600 to 1,000 years
9. Name the three parts of unarmed combat in English and Japanese.
1. Throwing Techniques / Nage Waza
2. Grappling Techniques / Katame Waza
3. Striking Techniques / Atemi Waza
(English) (Japanese)
10. Name the three parts of a judo throw in English and Japanese.
1. Off-balancing / Kuzushi
2. Entry / Tsukuri
3. Execution or Completion/ Kake
(English) (Japanese)
11. List the belt ranks after white in order by color.
- Yellow Black
- Orange Black & Red (panels)
- Green Red & White (panels)
- Brown Red
12. Name the two divisions of throwing techniques in English and Japanese.
1. Standing Techniques / Tachi Waza
2. Sacrifice Techniques / Sutemi Waza
(English) (Japanese)
13. Name the three divisions of standing throwing techniques in English and Japanese.
1. Hand Techniques / Te Waza
2. Hip Techniques / Koshi Waza
3. Foot & Leg Techniques / Ashi Waza
(English) (Japanese)
14. Name the two divisions of sacrifice throwing techniques in English and Japanese.
1. Back Sacrifice Tech. / Ma Sutemi Waza
2. Side Sacrifice Tech. / Yoko Sutemi Waza
(English) (Japanese)
15. What are the ordinal numbers between one and ten in Japanese? (Count to ten!)
1. Ichi 6. Roku
2. Ni 7. Shichi
3. San 8. Hachi
4. Shi 9. Ku
5. Go 10. Ju
16. Name the three divisions of mat techniques in English and Japanese.
1. Holding Techniques / Osaekomi Waza
2. Choking Techniques / Shime Waza
3. Joint Locking Techniques / Kansetsu Waza
(English) (Japanese)
17. Name three of the eight men who attained 10th degree black belt (Judan) in judo while they were still alive.
1. Yoshiake Yamashita 5. Kunisaburo Iizuka
2. Hidekazu Nagaoka 6. Kaichiro Samura
3. Hajime Isogai 7. Shotaro Tabata
4. Kyuzo Mifune 8. Sumiyuki Kotani
18. What are the two principles of Kodokan Judo as defined by Dr. Kano?
1. Mutual Welfare & Benefit – Jita Kyoei
2. Maximum Efficiency – Seiryoku Zenyo
19. What is the ultimate goal of judo as defined by Dr. Kano?
- The harmonious development and eventual perfection of human character
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? 1964
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. Brown / Ikkyu
2. Brown / Nikyu
3. Brown / Sankyu
4. Green / Yonkyu
5. Orange / Gokyu
6. Yellow / Rokyu

(Color)

(Japanese Name)

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

- 1. Shodan _____
- 2. Nidan _____
- 3. Sandan _____
- 4. Yodan _____
- 5. Godan _____
- 6. Rokudan _____
- 7. Shichidan _____
- 8. Hachidan _____
- 9. Kudan _____
- 10. Judan _____

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

General Knowledge Perfect Score = 101

Passing Score = 71 or higher

Actual Score = _____

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 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

- 27. Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- 28. O Goshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- 29. Ippon Seoinage (Single shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- 30. Osoto Gari (major outside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
- 31. De Ashi Barai (advancing foot sweep)

4	3	2	1	0	
32. Ouchi Gari (major inside reaping)	4	3	2	1	0
33. Uki Goshi (floating hip throw)	4	3	2	1	0
34. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)	4	3	2	1	0
35. Ko Uchi Gari (minor inside reap)	4	3	2	1	0
36. Koshi Guruma (hip wheel)	4	3	2	1	0
37. Ko Soto Gari (minor outside reap)	4	3	2	1	0
38. Tsuru Komi Goshi (lifting-pulling hip throw)	4	3	2	1	0
39. Okuri Ashi Barai (sliding foot sweep)	4	3	2	1	0
40. Harai Goshi (sweeping hip throw)	4	3	2	1	0
41. Tai Otoshi (body drop)	4	3	2	1	0
42. Uchi Mata (inner thigh throw)	4	3	2	1	0

Bogyo

Defense Against Throws

43. Defense against Hiza Guruma	4	3	2	1	0
44. Defense against O Goshi	4	3	2	1	0
45. Defense against Osoto Gari	4	3	2	1	0
46. Defense against Seoinage	4	3	2	1	0
47. Defense against Ouchi Gari	4	3	2	1	0
48. Defense against De Ashi Barai	4	3	2	1	0
49. Defense against Uki Goshi	4	3	2	1	0
50. Defense against Sasae Tsuru Komi Ashi	4	3	2	1	0
51. Defense for Kouchi Gari	4	3	2	1	0
52. Defense for Koshi Guruma	4	3	2	1	0

Kaeshi Waza

Counter Throwing Techniques

53. Counter for Hiza Guruma	4	3	2	1	0
54. Counter for O Goshi	4	3	2	1	0
55. Counter for Osoto Gari	4	3	2	1	0
56. Counter for Seoinage	4	3	2	1	0
57. Counter for Ouchi Gari	4	3	2	1	0

4	3	2	1	0	
58. Counter for De Ashi Barai	4	3	2	1	0
59. Counter for Uki Goshi	4	3	2	1	0
60. Counter for Sasae Tsuru Komi Ashi	4	3	2	1	0

Renwaku Waza

Combination Techniques

61. Hiza Guruma to O Soto Gari combination	4	3	2	1	0
62. O Soto Gari to Hiza Guruma combination	4	3	2	1	0
63. Ko Uchi Gari to Seoinage combination	4	3	2	1	0
64. Seoinage to Ko Uchi Gari combination	4	3	2	1	0

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

65. Kesa Gatame (scarf hold)	4	3	2	1	0
66. Yoko Shiho Gatame (side 4 corners hold)	4	3	2	1	0
67. Kami Shiho Gatame (upper 4 corners hold)	4	3	2	1	0
68. Kuzure Kesa Gatame (modified scarf hold)	4	3	2	1	0
69. Kuzure Yoko Shiho gatame (modified side 4 corners hold)	4	3	2	1	0
70. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)	4	3	2	1	0
71. Kata Gatame (shoulder hold)	4	3	2	1	0
72. Ushiho Kesa Gatame (reverse scarf hold)	4	3	2	1	0

Shime Waza

Strangulation (Choking) Techniques

73. Hadaka Jime (naked choke)	4	3	2	1	0
74. Okuri Eri Jime (sliding lapel choke)	4	3	2	1	0
75. Kata Ha Jime (single wing choke)	4	3	2	1	0

Kansetsu Waza

Joint Locking Techniques

76. Juji Gatame (cross arm lock)	4	3	2	1	0
77. Ude Gatame (normal arm lock)	4	3	2	1	0

78. Ude Garami (bent arm lock)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

79. Uphill turn escape from Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
80. Bridge and roll escape from Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
81. Sit up escape from Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
82. Leg entangling escape from Yoko Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
83. Bridge and roll escape from Yoko Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
84. Uphill turn escape from Yoko Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
85. Single roll escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
86. Double bridge roll escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
87. Uphill turn escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
88. Double arm escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
89. Press out escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
90. Legs over escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
91. Legs over escape from Kata Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
92. Up hill turn escape from Ushiro Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

93. Half-Nelson entry from the front.
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
94. Half-Nelson entry from the side.
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
95. Cross face turn over entry into mat work
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
96. Break out entry into mat work
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
97. Swinging knee entry into mat work
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
98. Sleeve pull around entry into mat work
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Demonstration Perfect Score = 392

Minimum Passing Score = 196 or higher

Actual Score = _____