



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!: _____
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: _____

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? _____
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 after white in order by color.

- _____
- _____
- _____

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? (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?

<u>Jim Bregman</u>	<u>Bronze – Third Place</u>
(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. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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

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. Uchi 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 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 35. Ko Uchi Gari (minor inside reap) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 36. Koshi Guruma (hip wheel) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 37. Ko Soto Gari (minor outside reap) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 38. Tsuru Komi Goshi (lifting-pulling hip throw) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 39. Okuri Ashi Barai (sliding foot sweep) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 40. Harai Goshi (sweeping hip throw) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 41. Tai Otoshi (body drop) 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 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 ___
 58. Counter for De Ashi Barai 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 59. Counter for Uki Goshi 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

- 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 = _____