



UNITED STATES JUDO ASSOCIATION

Examination for Senior Yonkyu Judo Rank

Name: _____

Date of Birth _____

USJA Membership # _____

Membership Expiration Date: _____

Exam Date(s): _____

Time-in-grade Required: 5 to 7 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: 9 to 15 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 Yonkyu 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

Japanese Vocabulary Perfect Score = 97

Passing Score = 63 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.

<u>Yellow</u>	<u>Black</u>
<u>Orange</u>	<u>Black & Red (panels)</u>
<u>Green</u>	<u>Red & White (panels)</u>
<u>Brown</u>	<u>Red</u>
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. <u>Ichi</u>	6. <u>Roku</u>
2. <u>Ni</u>	7. <u>Shichi</u>
3. <u>San</u>	8. <u>Hachi</u>
4. <u>Shi</u>	9. <u>Ku</u>
5. <u>Go</u>	10. <u>Ju</u>

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
2. Hidekazu Nagaoka
3. Hajime Isogai
4. Kyuzo Mifune
5. Kunisaburo Iizuka
6. Kaichiro Samura
7. Shotaro Tabata
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

General Knowledge Perfect Score = 71

Passing Score = 47 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 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

22. Hiza Guruma (knee wheel)

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. O Goshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
24. Ippon Seoinage (Single shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
25. Osoto Gari (major outside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
26. De Ashi Barai (advancing foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
27. Ouchi Gari (major inside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
28. Uki Goshi (floating hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
29. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
30. Ko Uchi Gari (minor inside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
31. Koshi Guruma (hip wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
32. Ko Soto Gari (minor outside reap)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
33. Tsuru Komi Goshi (lifting-pulling hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo

Defense Against Throws

34. Defense against Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
35. Defense against O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
36. Defense against Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
37. Defense against Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
38. Defense against Ouchi Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
39. Defense against De Ashi Barai
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza

Counter Throwing Techniques

40. Counter for Hiza Guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
41. Counter for O Goshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
42. Counter for Osoto Gari
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
43. Counter for Seoinage
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza

Combination Techniques

44. Hiza Guruma to O Soto Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
45. O Soto Gari to Hiza Guruma combination

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
46. Ko Uchi Gari to Seoinage combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
47. Seoinage to Ko Uchi Gari combination
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza

Grappling Techniques

Osaekomi Waza

Holding Techniques

48. Kesa Gatame (scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
49. Yoko Shiho Gatame (side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
50. Kami Shiho Gatame (upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
51. Kuzure Kesa Gatame (modified scarf hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
52. Kuzure Yoko Shiho gatame (modified side 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
53. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Shime Waza

Strangulation (Choking) Techniques

54. Okuri Eri Jime (sliding lapel choke)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kansetsu Waza

Joint Locking Techniques

55. Juji Gatame (cross arm lock)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

56. Uphill turn escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
57. Bridge and roll escape from Kesa Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
58. Leg entangling escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
59. Bridge and roll escape from Yoko Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
60. Single roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
61. Double bridge roll escape from Kami Shiho Gatame
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

62. Half-Nelson entry from the front.

- | | | | | | |
|-----|--|-------|-------|-------|-------|
| | 4 | 3 | 2 | 1 | 0 |
| 63. | Half-Nelson entry from the side. | _____ | _____ | _____ | _____ |
| | 4 | 3 | 2 | 1 | 0 |
| 64. | Cross face turn over entry into mat work | _____ | _____ | _____ | _____ |
| | 4 | 3 | 2 | 1 | 0 |
| 65. | Break out entry into mat work | _____ | _____ | _____ | _____ |
| | 4 | 3 | 2 | 1 | 0 |

Demonstration Perfect Score = 260

Minimum Passing Score = 130 or higher

Actual Score = _____