



# UNITED STATES JUDO ASSOCIATION

## Examination for Senior Gokyu Judo Rank

Name: \_\_\_\_\_

Date of Birth \_\_\_\_\_

USJA Membership # \_\_\_\_\_

Membership Expiration Date: \_\_\_\_\_

Exam Date(s): \_\_\_\_\_

Time-in-grade Required: 4 to 5 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: 7 to 11 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 Gokyu Judo Rank

# GENERAL INFORMATION

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

**General Knowledge Perfect Score = 53**

**Passing Score = 35 or higher**

**Actual Score = \_\_\_\_\_**

# JAPANESE VOCABULARY

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

**Japanese Vocabulary Perfect Score = 63**

**Passing Score = 41 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 (sliding foot movement)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

<b>Total This Column</b>				
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4 ___	3 ___	2 ___	1 ___	0 ___
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13. Ayumi ashi (normal walking)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
14. Front and rear 90 degree taisabaki  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
15. Front and rear 180 degree taisabaki  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
16. Happo no Kuzushi (forms of off balancing)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Kumi Kata Gripping Forms

17. Sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
18. Swinging arm break for sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
19. Swinging elbow break for a sleeve grip  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Nage Waza (Throwing Techniques)

20. Hiza guruma (knee wheel)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
21. Ogoshi (major hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
22. Ippon Seoinage (Single shoulder throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
23. Osoto gari (major outside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
24. De ashi harai (advancing foot sweep)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
25. Uchi gari (major inside reaping)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
26. Ukigoshi (floating hip throw)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
27. Sasae tsuri komi ashi (foot stop)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

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4 ___	3 ___	2 ___	1 ___	0 ___
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<b>Total This Page</b>				
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4 ___	3 ___	2 ___	1 ___	0 ___
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## Bogyo Defense Against Throws

28. Defense against hiza guruma  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
29. Defense against ogoshi  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Katame Waza Grappling Techniques

### Osaekomi Waza Holding Techniques

30. Kesa gatame (scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
31. Yokoshiho gatame (side 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
32. Kamishiho gatame (upper 4 corners hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
33. Kuzure kesa gatame (modified scarf hold)  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

## Fusegi Escapes from Grappling Techniques

34. Uphill turn escape from kesa gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
35. Bridge and roll escape from kesa gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
36. Leg entangling escape from yokoshiho gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
37. Single roll escape from kamishiho gatame  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

<b>Total This Column</b>				
4 ___	3 ___	2 ___	1 ___	0 ___

## Hairi Waza Entry Techniques into Mat-work

38. Half-Nelson entry from the front.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
39. Half-Nelson entry from the side.  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_
40. Cross face turn over entry into mat work  
4 \_\_\_ 3 \_\_\_ 2 \_\_\_ 1 \_\_\_ 0 \_\_\_

<b>Total This Column</b>				
4 ___	3 ___	2 ___	1 ___	0 ___

<b>Total from Page 5</b>				
4 ___	3 ___	2 ___	1 ___	0 ___

<b>Total from This Page</b>				
4 ___	3 ___	2 ___	1 ___	0 ___

<b>Total All Pages</b>				
4 ___	3 ___	2 ___	1 ___	0 ___

**Demonstration Perfect Score = 160**  
**Minimum Passing Score = 60 or higher**

**Actual Score = \_\_\_\_\_**