



# 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? \_\_\_\_\_
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. \_\_\_\_\_

**General Knowledge Perfect Score = 53**

**Passing Score = 35 or higher**

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

# JAPANESE VOCABULARY

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: \_\_\_\_\_

**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 hlp 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 = \_\_\_\_\_**