



UNITED STATES JUDO ASSOCIATION

Examination for Senior Rokyū 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.

General Knowledge Perfect Score = 28

Passing Score = 20 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! (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: _____
34. Decision! (referee for judges' decision): _____
35. Don't move! (referee's call): _____

Japanese Vocabulary Perfect Score = 35

Passing Score = 25 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 ___

Total This Column

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 ___

Kumi Kata Gripping Forms

16. Sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
17. Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
18. Swinging elbow break for a sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza (Throwing Techniques)

19. Hiza guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
20. Ogoshi (major hip throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
21. Ippon Seoinage (Single shoulder throw)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
22. Osoto gari (major outside reaping)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. De ashi harai (advancing foot sweep)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo Defense Against Throws

24. Defense against hiza guruma
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
25. Defense against ogoshi
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

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Katame Waza Grappling Techniques

Osaekomi Waza

Holding Techniques

26. Kesa gatame (scarf hold)

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

27. Yokoshiho gatame (side 4 corners hold)

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

28. Uphill turn escape from kesa gatame

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

29. Bridge and roll escape from kesa gatame

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

30. Half-Nelson entry from the front.

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

31. Half-Nelson entry from the side.

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

32. Cross face turn over entry into mat work

4 ___ 3 ___ 2 ___ 1 ___ 0 ___

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Total All Pages

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Demonstration Perfect Score = 160

Minimum Passing Score = 60 or higher

Actual Score = _____