



UNITED STATES JUDO ASSOCIATION

Recommendation for Promotion for All Jujitsu Ranks

2059 Merrick Road #313, Merrick, NY. 11566

Toll-Free: (516) 366-3311 Telephone: (727) 937-7120 Fax: (844) 892-6608

Website: www.usja.net

Email: support@usja.net

1. Promotion fees for Kyu grade are \$20.00 for 5th through 6th. \$30.00 for 3rd through 1st Kyu. Dan Grade #125.00 for Shodan, \$150.00 for Nidan, \$175.00 for Sandan, \$200.00 for Yodan, \$250.00 for Godan, \$250.00 for Rokudan, \$300.00 for Shichidan, \$350.00 for Hachidan, \$400.00 for Kudan, and \$500.00 for Judan
2. All candidates must have achieved the required time-in grade and technical requirements for their next promotion in accordance with the latest edition of the USJA Senior Rank System Handbook plus in addition the changes listed on rank testing worksheet. Please type or write legible.
3. Please make sure the applicant is a current member of the USJA. If not please include fees for annual or Life Membership.
4. Please make checks payable or money orders payable to the above address.
5. Dan applicants must submit a video to the promotions board to determine the skill level of the applicant.

Student Name:		Date:		
Address:	City:	State:	ZIP:	Phone #:
Member #	Examiner Signature:		Email Address:	
Present Rank		Date of Last Promotion:		
Rank Applying For:		Date of New Promotion:		
Instructor Name				
Instructor Rank				
School Name				
Instructor Signature				

Complete Check List

Test & Certificate fee enclosed	Amount: _____	Y
Martial Arts Biography of Applicant Enclosed (With DVD If Applicable)		Y
Written Thesis on Jujitsu provided to instructor copy enclosed (Shodan Only)		Y
USJA Background Screening Policy		Y

Minimum time in grade for promotion.

7 th to 5th Kyu 3 months between each Grade and 4 months to 4th Kyu
6 months to 3rd Kyu 8 months to 2nd Kyu and 1 year to 1st Kyu 1 year to Shodan.
Applicant must hold Shodan for 2 Years, Nidan 3 Years, Sandan 4 Years, Yodan 5 years

All promotions for Godan and above shall be determined on an individual basis by the promotions board members of USJA. Instructors holding a minimum rank of Sandan may promote to Shodan without prior approval of the promotions board and must submit all necessary forms and fees to the promotions board to obtain a certificate.

Instructors submitting for rank above Sandan must have a video of the applicant demonstrating their martial arts ability.

This must accompany all necessary forms and fees.

Internal use only

Current member of USJA:	Y	N
Time in grade with USJA:	Y	N
Eligible for new rank:	Y	N

Date of promotion: _____ Certificate # _____

Registration person signature: _____ Date: _____



USJA Jujitsu Rank Testing Worksheet

Wrist Grab Escapes (List 1)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	4	8	10	12	12	12	12	12	12	12	12	12
Demonstrate a variety of escapes from various types of wrists grabs.													
_____	_____	Outside#1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	2 on2 #1
_____	_____	Outside#2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	2 on2 #2
_____	_____	Cross-Wrist #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Grab #1
_____	_____	Cross-Wrist #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Grab #2
_____	_____	2 on 1 #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1
_____	_____	2 on 1 #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2

Clothing Grab Escapes (List 2)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	2	4	6	6	6	6	6	6	6	6	6
Demonstrate a variety of escapes from various types of clothing grabs.													
_____	_____	Escape #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #4
_____	_____	Escape #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #5
_____	_____	Escape #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #6

Bear Hug Escapes (List 3)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	2	3	4	4	4	4	4	4	4	4	4	4
Demonstrate a variety of escapes from various types of bear hugs.													
_____	_____	Front Over Arms	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Over Arms
_____	_____	Front Under Arms	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Under Arms

Choke Holds (List 4)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	1	3	5	6	6	8	12	12	12	12	12
Demonstrate various ways of effectively choking or strangling your opponent.													
_____	_____	Front #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #1
_____	_____	Front #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #2
_____	_____	Front #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #3
_____	_____	Rear #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1
_____	_____	Rear #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2
_____	_____	Rear #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #3

Choke Hold Escape (List 5)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	2	3	5	6	6	6	6	12	12	12	12	12
Demonstrate various escapes from different types of choke holds.													
_____	_____	Front #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #1
_____	_____	Front #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #2
_____	_____	Front #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #3
_____	_____	Front #4	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1
_____	_____	Ground #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2

Ground #2

Other #3

Throws (List 6)

	Score	Selection													
			6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
			0	1	3	6	9	11	12	16	20	20	20	20	
			Demonstrate throws that would appropriately be used in self-defense situations												
_____	_____	_____	Throws #1	_____						_____		_____		Throws #11	_____
_____	_____	_____	Throws #2	_____						_____		_____		Throws #12	_____
_____	_____	_____	Throws #3	_____						_____		_____		Throws #13	_____
_____	_____	_____	Throws #4	_____						_____		_____		Throws #14	_____
_____	_____	_____	Throws #5	_____						_____		_____		Throws #15	_____
_____	_____	_____	Throws #6	_____						_____		_____		Throws #16	_____
_____	_____	_____	Throws #7	_____						_____		_____		Throws #17	_____
_____	_____	_____	Throws #8	_____						_____		_____		Throws #18	_____
_____	_____	_____	Throws #9	_____						_____		_____		Throws #19	_____
_____	_____	_____	Throws #10	_____						_____		_____		Throws #20	_____

Strikes (List 7)

	Score	Selection													
			6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
			4	8	10	12	12	12	12	12	12	12	12	12	
			Identify 10 body target areas and demonstrate 2 different strikes to each area.												
_____	_____	_____	Strikes #1	_____						_____		_____		Strikes #11	_____
_____	_____	_____	Strikes #2	_____						_____		_____		Strikes #12	_____
_____	_____	_____	Strikes #3	_____						_____		_____		Strikes #13	_____
_____	_____	_____	Strikes #4	_____						_____		_____		Strikes #14	_____
_____	_____	_____	Strikes #5	_____						_____		_____		Strikes #15	_____
_____	_____	_____	Strikes #6	_____						_____		_____		Strikes #16	_____
_____	_____	_____	Strikes #7	_____						_____		_____		Strikes #17	_____
_____	_____	_____	Strikes #8	_____						_____		_____		Strikes #18	_____
_____	_____	_____	Strikes #9	_____						_____		_____		Strikes #19	_____
_____	_____	_____	Strikes #10	_____						_____		_____		Strikes #20	_____

Strikes Defenses (List 8)

	Score	Selection													
			6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
			1	3	5	7	11	15	15	18	18	18	18	18	
			Demonstrate effective blocks and defenses from strikes appropriately used in self-defense situations.												
_____	_____	_____	Straight #1	_____						_____		_____		Fr.Kick #1	_____
_____	_____	_____	Straight #2	_____						_____		_____		Fr.Kick #2	_____
_____	_____	_____	Straight #3	_____						_____		_____		Other Kick #1	_____
_____	_____	_____	Hook #1	_____						_____		_____		Other Kick #2	_____
_____	_____	_____	Hook #2	_____						_____		_____		Other #1	_____
_____	_____	_____	Hook #3	_____						_____		_____		Other #2	_____
_____	_____	_____	Jab #1	_____						_____		_____		Other #3	_____
_____	_____	_____	Jab #2	_____						_____		_____		Other #4	_____
_____	_____	_____	Rt/Lft #1	_____						_____		_____			_____
_____	_____	_____	Rt/Lft #2	_____						_____		_____			_____

Weapon Defenses (List 9)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	1	3	5	7	19	19	19	19	19

Score
Selection

Demonstrate various defenses from, knife, handgun, club, or other weapon
that would appropriately be used in self-defense situations

_____	_____	Knife #1				Other #1	
_____	_____	Knife #2				Other #2	
_____	_____	Knife #3				Other #3	
_____	_____	Gun #1				Other #4	
_____	_____	Gun #2				Other #5	
_____	_____	Gun #3				Other #6	
_____	_____	Club #1				Other #7	
_____	_____	Club #2				Other #8	
_____	_____	Club #3				Other #9	

Headlock Escapes (List 10)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	2	3	3	3	3	3	3	3	3	3

Score
Selection

Demonstrate effective escapes from headlock holds that
would appropriately be used in self-defense situations.

_____	_____	Escape #1				Escape #3	
_____	_____	Escape #2					

Joint Locks (List 11)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	3	6	8	10	10	16	16	16	16	16

Score
Selection

Demonstrate various joint locks that would appropriately be used in self-defense situations.

_____	_____	Finger #1				Knee #1	
_____	_____	Finger #2				Knee #2	
_____	_____	Finger #3				Elbow #1	
_____	_____	Neck #1				Elbow #2	
_____	_____	Neck #2				Elbow #3	
_____	_____	Wrist #1				Other #1	
_____	_____	Wrist #2				Other #2	
_____	_____	Wrist #3				Other #3	

Ground Control Holds (List 12)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	2	3	5	7	9	10	10	10	10	10	10

Score
Selection

Demonstrate various joint locks that would appropriately be used in self-defense situations.

_____	_____	Hold #1				Hold #6	
_____	_____	Hold #2				Hold #7	
_____	_____	Hold #3				Hold #8	
_____	_____	Hold #4				Hold #9	
_____	_____	Hold #5				Hold #10	

Mental Training (List 13)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		1	2	2	4	5	6	7	7	7	7	7	7
		Demonstrate / explain mental aspects that would appropriately be used in self-defense situations.											
		#1									#5		
		#2									#6		
		#3									#7		
		#4									#8		

Instructor Directed (List 14)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		3	5	7	9	13	19	42	52	52	52	52	52
		Demonstrate additional techniques that would appropriately be used in self-defense situations.											
		# 1									# 27		
		# 2									# 28		
		# 3									# 29		
		# 4									# 30		
		# 5									# 31		
		# 6									# 32		
		# 7									# 33		
		# 8									# 34		
		# 9									# 35		
		# 10									# 36		
		# 11									# 37		
		# 12									# 38		
		# 13									# 39		
		# 14									# 40		
		# 15									# 41		
		# 16									# 42		
		# 17									# 43		
		# 18									# 44		
		# 19									# 45		
		# 20									# 46		
		# 21									# 47		
		# 22									# 48		
		# 23									# 49		
		# 24									# 50		
		# 25									# 51		
		# 26									# 52		

Kappo / First Aid (List 15)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	5	5	5	5	5
		Provide proof of First Aid / CPR Training or demonstrate five Kappo Arts.											
		# 1									# 4		
		# 2									# 5		
		# 3											

Kata (List 16)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	1	2	2	2	2	2

Perform martial arts kata with a minimum of 10 moves (2nd one for Nidan must have a least 15 moves)

1 _____ # 2 _____

Teaching (List 17)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3K	1D			

Ability to teach Jujitsu up to and including the rank listed above

1 _____ # 2 _____

Positional Defense (List 18)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3K	1D			

Demonstrate additional techniques that would appropriately be use in self-defense situations

Knee/Sit# 1			Lying #1	
Knee/Sit# 2			Lying #2	
Knee/Sit# 3			Lying #3	
Knee/Sit# 4			Lying #4	
Knee/Sit# 5			Lying #5	

Multiple Attackers (List 19)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3	3	3	3	3

Demonstrate defenses from two or more attackers that would appropriately be use in self-defense situations.

1 _____ # 3 _____

2 _____

Use of a Weapon (List 20)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	1	2	2	2	2

Demonstrate proficient use of a weapon, either traditional or modern (examinee's choice).

1 _____ # 2 _____

Combination Techniques (List 21)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	0	10	10	10	10

Demonstrate combination techniques incorporating at least:
one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

1 _____ # 6 _____

2 _____ # 7 _____

3 _____ # 8 _____

4 _____ # 9 _____

5 _____ # 10 _____

Ground Escapes (List 22)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	0	0	0	0	0	0	0	5	5	5	5

Demonstrate escapes from ground holds. (Examinee's choice of holds and escapes).
one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

_____	_____	Knee/Sit# 1	_____	_____	_____	Lying #1	_____
_____	_____	Knee/Sit# 2	_____	_____	_____	Lying #2	_____
_____	_____	Knee/Sit# 3	_____	_____	_____		_____

Counters to Throws (List 23)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	0	0	0	0	0	0	0	5	5	5	5

Demonstrate counters to throws that would appropriately be use in self-defense situations.

_____	_____	# 1	_____	_____	_____	# 6	_____
_____	_____	# 2	_____	_____	_____	# 7	_____
_____	_____	# 3	_____	_____	_____	# 8	_____
_____	_____	# 4	_____	_____	_____	# 9	_____
_____	_____	# 5	_____	_____	_____	# 10	_____

Presentation (List 24)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	0	0	0	0	0	0	0	1	1	1	1

Present a short oral or written presentation on history and principles of jujitsu

(comments)

Anatomy (List 25)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	0	0	0	0	0	0	0	1	1	1	1

Demonstrate a basic understanding of human anatomy, including:
major bones, muscle groups, and vital areas.

(comments)

Break Fall Ukemi Waza / Sutemi (List 26)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	5	5	8	8	8	8	8	8	8	8	8	8

Demonstrate break fall and understand difference between jujitsu cross leg and judo open leg.

_____	_____	Right Roll	_____	_____	_____	Left Slap	_____
_____	_____	Left Roll	_____	_____	_____	Straight Over	_____
_____	_____	Rear Roll	_____	_____	_____	Back Fall	_____
_____	_____	Right Slap	_____	_____	_____	Front Drop	_____

JUJITSU RANK EXAMINATION SCORE SUMMARY SHEET

RANK

	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D
LIST #1													
LIST #2													
LIST #3													
LIST #4													
LIST #5													
LIST #6													
LIST #7													
LIST #8													
LIST #9													
LIST #10													
LIST #11													
LIST #12													
LIST #13													
LIST #14													
LIST #15													
LIST #16													
LIST #17													
LIST #18													
LIST #19													
LIST #20													
LIST #21													
LIST #22													
LIST #23													
LIST #24													
LIST #25													
LIST #26													
Total Score For Demonstration													
Minimum Total Passing Score	44	106	159	249	302	389		479	659	707	707	707	754
Number of Skills Required	20	44	66	94	113	144		165	225	241	241	241	241
Expected Minimum Score (per skill)	2.6	2.6	2.6	2.8	2.8	2.8		3.0	3.0	3.0	3.0	3.0	3.2
	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D

JUJITSU RANK EXAMINATION SCORES

Examination Results Passed _____ Failed _____

Examiner 1. Level _____ Name: _____

Examiner 2. Level _____ Name: _____

Examiner 3. Level _____ Name: _____

Here are suggestions for scoring:

Rank		Possible number of techniques that should be known	Average score for all techniques demonstrated
Rokyu	6K	20	2.6
Gokyu	5K	44	2.6
Yonkyu	4K	66	2.6
Sankyu	3K	94	2.8
Nikyu	2K	113	2.8
Ikkyu	1K	144	2.8
Shodan	1D	165	3.0
Nidan	2D	225	3.0
Sandan	3D	241	3.0
Yodan	4D	241	3.0
Godan	5D	241	3.0
Rokudan +	6D	241	3.2

Test should not be an endurance test, even at the higher ranks. For example, for Shodan, the student may be asked to defend 30 attacks. The student may use any of the techniques but the proficiency level should be fairly high. The student could not be asked to demonstrate specific techniques if there is a question on knowledge of sufficient number of techniques.

USJA Jujitsu Promotion Procedure



