

General Knowledge and Vocabulary Instructions

The general knowledge portion of the exam consists largely of multiple choice questions. The student circles or fills in the correct answer where appropriate. The vocabulary consists of a list of English Judo terms. The student fills in the Japanese equivalent. Both sections are to be completed down to the indicated rank being tested for. If desired this portion of the exam may be given orally or “open book”. The general knowledge and vocabulary section of the test should be completed and passed before the technical demonstration portion is administered.

General Knowledge Requirements

1. What is the name of your Judo organization?

*United States Judo Association United States Judo
Federation International Judo Federation*

2. Who was the founder of Judo?

Nagaoka Mifune Jigoro Kano Kotani

3. What is the name of the school he founded?

Epiϑoundes Kodokan Budokan Sbudokan

4. What is the date of the founding of Judo?

1881 1882 1910 1886

Junior 1st Degree stop here

5. What are the two principles of Kodokan Judo as defined by Dr. Kano?

*a. Maximum efficiency – Seiryoku Zenyo
b. Mutual benefit and welfare – Jita Kyoei
c. Win at any cost
d. Never admit defeat*

6. How long have unarmed combat martial arts been practiced in Japan?

600 to 1000 years 500 to 800 years 600 to 1500 years

7. What was unarmed combat called in Japan before Judo?

Jujitsu Kungfu Karate Boxing

Junior 2nd Degree & Senior Rokyū stop here

8. How many degrees are there currently in the USJA junior and senior rank system?

Junior _____ Senior _____

9. List the colors for the junior belt colors in order of color. (*do not list white*)

10. Name the Japanese equivalent of the three parts of a Judo throw.

Balance _____ *Entry* _____ *Execution* _____

Junior 3rd Degree stop here

11. Count to ten in Japanese. (*May be done verbally*)

12. Give a verbal explanation of the principal of maximum efficiency.

13. Give a verbal explanation of the principal of mutual benefit and welfare.

Junior 4th Degree & Senior Gokyu stop here

14. Name the two divisions of sacrifice techniques in Japanese.

a. *Back falling sacrifice techniques* _____

b. *Side falling sacrifice techniques* _____

15. Name the three parts of unarmed combat in Japanese.

a. *Throwing* _____

b. *Grappling* _____

c. *Striking* _____

Junior 5th Degree stop here

16. Fill in the English for the three divisions of mat techniques.

a. *Osaekomi-waza* _____

b. *Shime-waza* _____

c. *Kansetsu-waza* _____

17. What is Kata?

a dance a throw a hold down a formal prearranged practice routine

Junior 6th Degree & Senior Yonkyu stop here

18. Which Kata is considered most useful for learning throwing techniques?

19. Which Kata is considered most useful for learning grappling techniques?

Junior 7th Degree stop here

20. What is the ultimate goal of Judo as defined by Dr. Kano?
- a. *To win at any cost*
 - b. *To become a great Judo player*
 - c. *The harmonious development and eventual perfection of human character*
21. Name the six senior kyu ranks and color belts from highest to lowest senior rank.
- _____

Junior 8th Degree & Senior Sankyu stop here

22. What year was Judo first introduced into the summer Olympic Games?
23. Who were the four men on the first U.S. Olympic Judo team?
24. Which American was the first to win an Olympic medal in Judo and what place did he win?

Junior 9th Degree stop here

25. What year was Women's Judo first introduced to the summer Olympic Games?
26. What year was Women's Judo included into the summer Olympic Games as an official sport?
27. Name the five U.S. Women that have medaled in the Olympic Games.

Junior 10th Degree & Senior Nikyu stop here

28. What is the difference between *large Judo* and *small Judo*?

Junior 11th Degree stop here

29. What are 3 of the prohibited acts that are penalized with Hansoku-make?
30. What are 3 of the prohibited acts that are penalized with Shido?

Junior 12th Degree & Senior Ikkyu stop here

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms. The exam may be given orally.

1. Teacher _____
2. Sitting on knees _____
3. Sitting crossed legged _____
4. Attention! _____
5. Bow! _____
6. Off balance _____
7. Entry _____
8. Execution _____
9. Person receiving technique _____
10. Person performing technique _____

Junior 1st Degree stop here

11. Begin! _____
12. Stop! _____
13. I surrender! _____
14. Free practice _____
15. Big or major _____
16. Waist or hip _____
17. Major hip throw _____
18. Outside _____
19. Major outside reaping throw _____
20. One Point! (referee's award) _____

Junior 2nd Degree & Senior Rokkyu stop here

21. Almost ippon! _____
22. Lock or hold _____
23. Scarf hold _____
24. Modified _____
25. Modified Scarf Hold _____
26. Black belt grade or rank _____
27. Beginning black belt _____
28. That is all! _____
29. Don't move! _____
30. Little or minor _____

Junior 3rd Degree stop here

31. Continue! (referee's call) _____
32. Note! (referee's call for slight penalty) _____
33. Reaping action done with the leg _____
34. Inside _____
35. Minor inside reaping throw _____

- 36. Waist or hip techniques _____
- 37. Wheel _____
- 38. Hip wheel throw _____
- 39. Shoulder Hold _____
- 40. Second degree black belt _____

Junior 4th Degree & Senior Gokyu stop here

- 41. Upper 4 Corner Hold _____
- 42. Modified Upper 4 Corner Hold _____
- 43. Side 4 Corner Hold _____
- 44. Modified Side 4 Corner Hold _____
- 45. Straddling Hold _____
- 46. Holddown! (referee call) _____
- 47. Holddown Broken! (referee call) _____
- 48. Sweeping action done with leg _____
- 49. Sweeping hip throw _____
- 50. Third degree black belt _____

Junior 5th Degree stop here

- 51. Technique _____
- 52. Throw (noun) _____
- 53. Throwing technique(s) _____
- 54. Hand _____
- 55. Hand technique(s) _____
- 56. Foot or Leg _____
- 57. Foot technique(s) _____
- 58. Holding technique(s) _____
- 59. Grappling technique(s) _____
- 60. Loss by rule violation (refereecall) _____

Junior 6th Degree & Senior Yonkyu stop here

- 61. Judo uniform _____
- 62. Judo uniform sleeve _____
- 63. Judo uniform belt _____
- 64. Judo uniform lapel _____
- 65. Body _____
- 66. To drop _____
- 67. Body drop throw _____
- 68. Choke _____
- 69. Choking techniques _____
- 70. Fourth degree black belt _____

Junior 7th Degree stop here

- 71. Knee _____
- 72. Knee wheel throw _____
- 73. Sacrifice _____
- 74. Side or lateral _____
- 75. Sacrifice technique(s) _____
- 76. Forms of gripping an opponent _____
- 77. Four corners (as in pins) _____
- 78. Side falling sacrifice throw(s) _____
- 79. Counter technique(s) _____
- 80. Fifth degree black belt _____

Junior 8th Degree & Senior Sankyu stop here

- 81. Rear, behind (as in throwing and pinning) _____
- 82. Tournament _____
- 83. Practice hall for Judo _____
- 84. Judo Practitioner or Player _____
- 85. Arm _____
- 86. Entangle _____
- 87. To float or floating _____
- 88. Training/Practice mats _____
- 89. Sixth degree black belt _____
- 90. Seventh degree black belt _____

Junior 9th Degree stop here

- 91. Lift _____
- 92. Pull _____
- 93. Lift pull hip throw _____
- 94. Reverse side, back _____
- 95. Rear throw _____
- 96. Dashing action done with leg _____
- 97. Kneeling bow _____
- 98. Standing bow _____
- 99. Minor outside dashing throw _____
- 100. Eighth degree black belt _____

Junior 10th Degree & Senior Nikyu stop here

- 101. Reverse Cross Choke _____
- 102. Half Cross Choke _____
- 103. Normal Cross Choke _____
- 104. Single Wing Choke _____
- 105. Sliding Lapel Choke _____
- 106. Naked Choke _____

- | | | |
|------|-------------------------------|-------|
| 107. | Bent Arm Lock | _____ |
| 108. | Cross Arm Lock | _____ |
| 109. | Straight Arm Lock | _____ |
| 110. | Kudan | _____ |
| 111. | Judan | |
| 112. | Effective preferred technique | _____ |
| 113. | Left | _____ |
| 114. | Right | _____ |
| 115. | Sandal (Japanese style) | _____ |
| 116. | Upper place or side of dojo | _____ |
| 117. | Corner drop | _____ |
| 118. | Dead tree drop | _____ |
| 119. | Heel trip reversal | _____ |

Junior 12th Degree & Senior Ikkyu stop here

Instructions for the Examiner:

Each correct answer counts as one point. Add the correct answers from both the general information and vocabulary sections of the test. This represents the Student's Total Score. Record the student's total score in the section below.

	Required score (70%)	Recorded total score
Junior 1 st degree	10	_____
Junior 2 nd degree	19	_____
Junior 3 rd degree	28	_____
Junior 4 th degree	37	_____
Junior 5 th degree	46	_____
Junior 6 th degree	54	_____
Junior 7 th degree	63	_____
Junior 8 th degree	71	_____
Junior 9 th degree	80	_____
Junior 10 th degree	89	_____
Junior 11 th degree	97	_____
Junior 12 th degree	106	_____
Senior Rokkyu	19	_____
Senior Gokyu	37	_____
Senior Yonkyu	54	_____
Senior Sankyū	71	_____
Senior Nikyu	89	_____
Senior Ikkyu	106	_____

Certification of Examiner:

I certify that _____ has achieved the required score on the General Information and Vocabulary portions to be considered for the rank of Junior Degree/ Senior Kyu _____ and is now eligible to complete the Technical Demonstration portion of the examination.

Signature of Examiner Rank Date

Signature of Head Instructor Rank Date

Waiver for General Information and Vocabulary: We have observed and can validate the General Information and Vocabulary abilities of _____, candidate for the rank of Junior or Senior Kyu. By signing below, we/I waive the General Information and Vocabulary portion of this examination. Student is now eligible to complete the Technical portion of the examination.

Signature of Examiner Rank of Examiner Date Date

Technical Demonstration Instructions

Above each list is a guide indicating the required number of techniques for each rank.

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	4	4	4	4	4
Rokkyu		Gokyu	Yonkyu	Sankyū	Nikyu	Ikkyū					
0		2	4	4	4	4					

Below each guide is a list of techniques. The coach & student will agree on what technique(s) the student will be testing on prior to testing. At that time the coach/student will highlight each skill that the student will be testing on. The first and second blank columns are used for scoring each technique right or left. The demonstration part of the exam is scored 0 thru 3. Passing score is 70%. You will receive:

- Very Good/Excellent = 3 points
- Fair/Good = 2 points
- Poor = 0 points

The student should be asked to demonstrate the technique by verbal instruction in both Japanese and English where appropriate. For example: "Please show me O Goshi, Major hip throw." Where indicated, some opposite/both side techniques will be required.

If the student fails to meet the requirements from three or more of the technical LISTS the entire technical portion of the test must be retaken. At the coach's discretion, if there are fewer than three LISTS failed, the student may be required to successfully demonstrate those LISTS only to complete the technical portion of the exam.

NOTE: This exam represents the minimum requirements for each USJA rank. Additional requirements may be added and required by individual USJA clubs or instructors.

List (4-1) Nage-waza – Throwing Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12	
2	4	6	8	10	12	14	16	18	20	22	24	
0	0	1	2	3	4	4	4	4	4	5	5	Opposite/both sides
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu		
4		8		12		16		18		24		
0		2		4		4		4		5		Opposite/both sides

R	L			R	L		
		Deashi-Harai	Advanced Foot Sweep			Yoko-Wakare	Side Separation
		Hiza-Guruma	Knee Wheel			Yoko-Guruma	Side Wheel
		Sasae-Tsurikomi-Ashi	Lifting Pulling Ankle Block			Ushiro-Goshi	Back Hip Throw
		Uki-Goshi	Floating Hip			Ura-Nage	Back Throw
		O-Soto-Gari	Large Outer Reap			Sumi-Otoshi	Corner Drop
		O-Goshi	Large Hip Throw			Yoko-Gake	Side Body Drop
		O-Uchi-Gari	Large Inside Reap			Morote-Gari	Double Leg Takedown
		Ippon-Seoinage	One Arm Shoulder Throw			Kuchiki-Taoshi	Dead Tree Drop
		Kosoto-Gari	Small Outer Reap			Kibisu-Gaeshi	Heel Trip
		Kouch-Gari	Small Inner Reap			Uchimata-Sukashi	Inner Thigh Reap Counter
		Koshi-Guruma	Hip Wheel			Obi-Tori-Gaeshi	Front Knee Lift
		Tsurikomi-Goshi	Lift-Pull Hip Throw			Tsubame-Gaeshi	Swallow Counter
		Okuri-Ashi-Harai	Boot Sweep			O-Soto-Gaeshi	Major Outer Counter
		Tai-Otoshi	Body Drop			O-Uchi-Gaeshi	Major Inner Counter
		Harai-Goshi	Sweeping Hip Throw			Kouchi-Gaeshi	Minor Inner Reap Counter
		Uchimata	Inner Thigh Throw			Hane-Goshi-Gaeshi	Springing Hip Counter
		Kosoto-Gake	Small Outside Hook			Harai-Goshi-Gaeshi	Sweeping Hip Counter
		Tsuri-Goshi	Lifting Hip Throw			Uchimata-Gaeshi	Inner Thigh Counter
		Yoko-Otoshi	Side Drop			Kani-Basami	Crab Scissors
		Ashi-Guruma	Leg Wheel			Kawazu-Gake	One Leg Entanglement
		Hane-Goshi	Springing Hip Throw			O-Soto-Makikomi	Major Outer Wrap Around
		Harai-Tsurikomi-Ashi	Lift-Pull Foot Sweep			Uchimata-Makikomi	Inner Thigh Wrap Around
		Tomoe-Nage	Circle Throw			Harai-Makikomi	Sweeping Wrap Around
		Kata-Guruma	Shoulder Wheel			Sode-Tsurikomi-Goshi	Sleeve Lift Pull Hip Throw
		Sumi-Gaeshi	Corner Throw			Morote-Seoinage	Two Arm Shoulder Throw
		Tani-Otoshi	Valley Drop			Obi-Otoshi	Belt Drop
		Hane-Makikomi	Springing Wrap Around Throw			Daki-Wakare	High Separation
		Sukui-Nage	Scooping Throw			Hiki-Komi-Gaeshi	Back Fall Reversed
		Utsuri-Goshi	Changing Hip Throw			O-Soto-Otoshi	Major Outer Drop
		O-Guruma	Large Wheel			Tawara-Gaeshi	Rice Bag Reversal
		Soto-Makikomi	Outer Wrap Around Throw			Uchi-Makikomi	Inner Wrap Around
		Uki-Otoshi	Floating Drop			Seoi-Otoshi	Shoulder Drop
		O-Soto-Guruma	Large Outer Wheel			Yama-Arashi	Mountain Storm
		Uki-Waza	Floating Throw				

Score _____ Circle: Pass Fail

List (4-4) Kaeshi-Waza – Counter throw Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
1	2	2	3	4	5	5	6	6	7	8	8
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
2		3		5		6		7		8	

Uke attacks with, Tori (you) counter with:

- ___ ___ O-soto-gari with O-soto-gaeshi
- ___ ___ Forward throw #1 with Tani-otoshi
- ___ ___ Forward throw #2 with Tani-otoshi
- ___ ___ Forward throw #3 with Tani-otoshi
- ___ ___ Kouchi-gari with Kouchi-gaeshi
- ___ ___ Harai-goshi with Ushiro-goshi
- ___ ___ Forward throw with inside leg step around to forward throw
- ___ ___ O-uchi-gari with O-uchi-gaeshi
- ___ ___ Other

Score _____ Circle: Pass Fail

List (4-5) Bogyo – Defense Against Throws

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	3	4	4	4	4	5	5
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
0		2		3		4		4		5	

Demonstrate the following defenses against a forward throwing attack.

- ___ ___ Outside leg jump around ___ ___ Round- off
- ___ ___ Hip twist ___ ___ Turn out
- ___ ___ Hip twist with cut ___ ___ Other
- ___ ___ Drive (start of Tani Otoshi)

Score _____ Circle: Pass Fail

List (4-6) Kumi-kata – Gripping Forms

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	4	6	8	8	8	10	10	12	14	16	17
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
4		8		8		10		14		17	

- | | |
|--|---|
| <p>_____ Standard sleeve grip</p> <p>_____ High lapel grip</p> <p>_____ Collar grip</p> <p>_____ Double lapel grip</p> <p>_____ Low lapel grip</p> <p>_____ Over the shoulder back grip</p> <p>_____ Drive through break against the collar grip</p> <p>_____ Inner sleeve grip against a high lapel grip</p> <p>_____ Swinging elbow break against a sleeve grip</p> <p>_____ Swinging arm break against a sleeve grip</p> <p>_____ Snap out break against low lapel grip</p> <p>_____ Inner sleeve grip for collar grip</p> <p>_____ Pull down breakthrough for high lapel grip</p> <p>_____ Circling arm counter for jacket end grip</p> <p>_____ Other</p> | <p>_____ Over the shoulder back grip</p> <p>_____ Cross grip with lapel grip</p> <p>_____ Pistol grip</p> <p>_____ Inner sleeve grip</p> <p>_____ Jacket end grip</p> |
|--|---|

Score _____ Circle: Pass Fail

List (4-7) Katame Waza – Grappling Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	3	4	5	6	6	7	8	9	10	11	12
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
3		5		6		8		10		12	

Demonstrate the following pinning techniques either right or left side.

- | | |
|---|---|
| <p>_____ Kesa-gatame</p> <p>_____ Kuzure-kesa-gatame</p> <p>_____ Ushiro-kesa-gatame</p> <p>_____ Kata-gatame</p> <p>_____ Uki-gatame</p> <p>_____ Yoko-shiho-gatame</p> <p>_____ Kuzure-yoko-shiho-gatame</p> <p>_____ Tate-shiho-gatame</p> <p>_____ Kami-shiho-gatame</p> <p>_____ Kuzure-kami-shiho-gatame</p> <p>_____ Ura-gatame</p> <p>_____ Sankaku-gatame</p> <p>_____ Other</p> | <p>_____ Scarf Hold</p> <p>_____ Modified Scarf Hold</p> <p>_____ Reverse Scarf Hold</p> <p>_____ Shoulder Hold</p> <p>_____ Floating Hold</p> <p>_____ Side Hold</p> <p>_____ Modified Side Hold</p> <p>_____ Straddling Hold</p> <p>_____ Upper 4-Corner Hold</p> <p>_____ Modified Upper 4-Corner Hold</p> <p>_____ Back Hold</p> <p>_____ Triangular Hold</p> |
|---|---|

Score _____ Circle: Pass Fail

List (4-8) Fusegi – Escapes from Matwork Attacks

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
3	6	9	12	13	14	14	14	15	15	16	16
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
6		12		13		14		15		16	

Demonstrate the following escapes from Kesa-gatame:

_____ Bridge and roll escape	_____ Sit-up escape
_____ Uphill turn escape	_____ Shoot out/legs over
_____ Leg entangling escape	_____ Other

Demonstrate the following escapes from Yoko Shiho-gatame:

_____ Bridge and roll escape	_____ Uphill turn escape
_____ Entangling leg escape	_____ Leg hooking head escape
_____ Other	_____ Other

Demonstrate the following escapes from Kami Shiho-gatame:

_____ Single roll escape	_____ Double bridge and roll
_____ Double arm	_____ Legs over
_____ Press out	

Demonstrate two escapes from Tate-Shiho-gatame:

_____ Other	_____ Other
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Demonstrate two escapes from Kata-gatame

_____ Other	_____ Other
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List (4-9) Hairi Waza – Entry Techniques into Matwork

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
2	3	6	10	13	15	16	16	17	17	18	18
Rokkyu		Gokyu		Yonkyu		Sankyū		Nikyu		Ikkyū	
3		10		15		16		17		18	

With uke in the hands and knees position and tori (you) on top, demonstrate the following:

Hands & Knees Top

- _____ Half-nelson turn over from the front
- _____ Double lapel turn over
- _____ Sankaku pullover entry
- _____ Half-nelson turn over from the side
- _____ Far arm and leg pull under
- _____ Other

With tori (you) in the hands and knees position and uke on top, demonstrate the following:

Hands & Knees Bottom

- _____ Cradle with left heel trap (opposite side heel trap)
- _____ Maki-komi from head attack and arm in armpit attack
- _____ Leg hook or Seoinage from back against dojime and choke attacks
- _____ Maki-komi to Ushiro-kesa-gatame from side and opposite armpit attacks
- _____ Other

Legs Around Top

With uke in the bottom guard position and tori (you) on top position, demonstrate the following:

- _____ Knee in entry, back leg
- _____ Swinging leg entry
- _____ Sleeve pull around
- _____ Ankle trap, knee over
- _____ Cross leg ankle trap
- _____ Pants leg pull to Ushiro-kesa-gatame
- _____ Other

Legs Around Bottom

With tori (you) in the guard position and uke on top, demonstrate the following:

- _____ Sankaku-jime entry
- _____ Turn over to Tate-shiho-gatame
- _____ Sumi-gaeshi with knee push
- _____ Cross Choke w/head under arm
- _____ Cross Choke w/back grab
- _____ Other
- _____ Other

Score _____ **Circle: Pass Fail**

List (4-10) Miscellaneous Skills

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
8	10	12	14	16	16	16	16	16	16	16	16
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
10		14		16		16		16		16	

- | | |
|---|--|
| <p>_____ Ukemi</p> <p>_____ Zarei – Kneeling bow</p> <p>_____ Ritsueri – Standing bow</p> <p>_____ Seiza – Sitting on knees and feet</p> <p>_____ Anza – Sitting cross-legged</p> <p>_____ Proper tying of belt</p> <p>_____ Randori – Free practice</p> <p>_____ Proper folding of Judogi</p> <p>_____ Other</p> | <p>_____ Tsugi-ashi – Following foot walking</p> <p>_____ Ayumi-ashi – Normal walking</p> <p>_____ Shizen Hontai – Basic natural posture</p> <p>_____ Jigo Hontai – Basic defensive posture</p> <p>_____ Migi/Hidari Sabaki – 90 degree right/left turns</p> <p>_____ Maware – 180 degree turns</p> <p>_____ Kyoshi - High kneeling</p> <p>_____ Round-off</p> |
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List (4-11) Shime Waza – Choking Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	6	7	8	9	10
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
1		2		4		6		8		10	

Demonstrate the following techniques (at the instructor's discretion).

- | | |
|---|---|
| <p>_____ Nami-juji-jime</p> <p>_____ Gyaku-juji-jime</p> <p>_____ Kata-juji-jime</p> <p>_____ Kataha-jime</p> <p>_____ Sode-guruma-jime</p> <p>_____ Kata-te-jime</p> <p>_____ Hadaka-jime</p> <p>_____ Okuri-eri-jime</p> <p>_____ Sankaku-jime</p> <p>_____ Ryote-jime</p> <p>_____ Tsukkomi-jime</p> <p>_____ Do-jime</p> <p>_____ Jigoku jime</p> | <p>Normal Cross Choke</p> <p>Reverse Cross Choke</p> <p>Half Cross Choke</p> <p>Single Wing Choke</p> <p>Sleeve Wheel Choke</p> <p>One Hand Choke</p> <p>Naked Choke</p> <p>Sliding Lapel Choke</p> <p>Triangular Choke</p> <p>Two Hand Choke</p> <p>Trust Choke</p> <p>Trunk Lock</p> <p>Hell Strangle</p> |
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Score _____ Circle: Pass Fail

List (4-12) Kansetsu-Waza – Joint Locking Techniques

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12
0	0	1	2	3	4	4	5	6	6	7	8
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu	
1		2		4		5		6		8	

- _____ Ude-garami
- _____ Ude-hishigi-juji-gatame
- _____ Ude-hishigi-ude-gatame
- _____ Ude-hishigi-hiza-gatame
- _____ Ude-hishigi-waki-gatame
- _____ Ude-hishigi-hara-gatame
- _____ Ude-hishigi-ashi-gatame
- _____ Ude-hishigi-te-gatame
- _____ Ude-hishigi-sankaku-gatame

Score _____ Circle: Pass Fail

List (4-13) Nage-no-kata

JR1	JR2	JR3	JR4	JR5	JR6	JR7	JR8	JR9	JR10	JR11	JR12	
0	0	0	0	0	0	0	0	0	1	2	3	Sets
Rokkyu		Gokyu		Yonkyu		Sankyu		Nikyu		Ikkyu		
0		0		0		1		2		3		Sets

- | | | |
|--------------------------------|--------------------------------|--------------------------|
| _____ Te-waza (Set 1) | _____ Te-waza (Set 1) | Circle: Pass Fail |
| _____ Koshi-waza (Set 2) | _____ Koshi-waza (Set 2) | Circle: Pass Fail |
| _____ Ashi-waza (Set 3) | _____ Ashi-waza (Set 3) | Circle: Pass Fail |
| _____ Ma-sutemi-waza (Set 4) | _____ Ma-sutemi-waza (Set 4) | Circle: Pass Fail |
| _____ Yoko-sutemi-waza (Set 5) | _____ Yoko-sutemi-waza (Set 5) | Circle: Pass Fail |

USJA Rank Examination for all Junior & Senior Kyu Ranks

Certification of Examiner:

I certify that _____ has successfully demonstrated the required number of techniques from each list for the rank of Junior Degree/ Senior Kyu.

Signature of Examiner Rank Date

Signature of Head Instructor Rank Date

Waiver for Technical Demonstration: We have observed and can validate the Technical abilities of _____, candidate for the rank of _____ Junior or Senior Kyu. By signing below, we/I waiver the Technical Demonstration portion of this examination.

Signature of Examiner Rank of Examiner Date

Certification of Student:

I certify that all answers and scores recorded on this exam were properly earned.

Signature of Student Rank of Student Date

Upon successful completion of this test, the coach will mail or go online and submit your promotion with the proper fee to the USJA National Office. The coach will keep this copy of the exam in students file. After processing, the USJA will issue a certificate of Judo promotion and a membership card showing your new rank.