

**UNITED STATES
JUDO ASSOCIATION
2059 Merrick Rd. # 313**



Merrick, NY 11566

Telephone: (516) 366-3311

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Website: www.usja.net

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USJA Rank Examination for all Senior Kyu Ranks Through Shodan

Name: _____	Age: _____
Current Rank: _____	Rank testing for: _____
Date of current rank: _____	USJA Membership #: _____
Number of classes attended: _____	Time in grade: _____
Date of Exam: _____	
Name of Examiner: _____	Head Instructor: _____
Rank of Examiner: _____	Rank Head Instructor: _____

In order to be examined for a USJA Judo rank the following requirements must be met as set forth in the USJA Judo Manual.

1. You must be a current member of the United States Judo Association & member of USJA Charteredclub.
2. You must have obtained the required age, time in grade and class attendance for the rank being tested, as indicated in the table below.
3. Kyu ranks must be signed off by a Shodan or higher; Shodan must be signed off by a Nidan or higher.

		TIG (Months)/Classes (Standard Timeframe)
Rokkyu	14	3/24
Gokyu	14	5/40
Yonkyu	14	7/56

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Sankyu	14	10/80
Nikyu	14	11/88
Ikkyu	15	12/96
Shodan	15	12/96

CLASSES MUST BE AT LEAST ONE HOUR LONG AND NO MORE THAN 2 CLASSES PER DAY

AN EXAMINER MAY PETITION THE PROMOTION BOARD TO WAIVE ANY PROMOTIONAL REQUIREMENT FOR AN EXCEPTIONAL STUDENT. AN EXCEPTIONAL STUDENT SHALL STAND OUT NATIONALLY FROM THE STUDENT'S PEERS AS DEFINED BY THE PROMOTION BOARD. THE WAIVER SHALL REQUIRE A 2/3 VOTE OF THE ENTIRE PROMOTION BOARD.

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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 Judoterms. 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?
 - a. *United States Judo Association*
 - b. *United States Judo Federation*
 - c. *International Judo Federation*

2. Who was the founder of Judo?
 - a. *Nagaoka*
 - b. *Mifune*
 - c. *Jigoro Kano*
 - d. *Kotani*

3. What is the name of the school he founded?
 - a. *Epizoundes*
 - b. *Kodokan*
 - c. *Budokan*

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d. Shudokan

4. What is the date of the founding of Judo?
 - a. 1881*
 - b. 1882*
 - c. 1910*
 - d. 1886*

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?
 - e. 600 to 1000 years*
 - f. 500 to 800 years*
 - g. 600 to 1500 years*

7. What was unarmed combat called in Japan before Judo?
 - h. Jujitsu*
 - i. Kungfu*
 - j. Karate*
 - k. Boxing*

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Senior Rokyu 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 _____

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.

Senior Gokyu stop here

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

a. *Back falling sacrifice techniques* _____

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b. Side falling sacrifice techniques _____

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

a. Throwing _____

b. Grappling _____

c. Striking _____

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. a dance a throw

b. a hold down

c. a formal prearranged practice routine

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?

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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.

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?
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.

Senior Nikyu stop here

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

Senior Ikkyu and Shodan stop here

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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

-
11. Begin!
 12. Stop!
 13. I surrender!

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- 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)

Senior Rokyu stop here

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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

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)

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59. Grappling technique(s)

60. Loss by rule violation (referee call)

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

71. Knee

72. Knee wheel throw

73. Sacrifice

74. Side or lateral

75. Sacrifice technique(s)

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- 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

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
- 91. Lift
- 92. Pull

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- 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

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

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- 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

Senior Ikkyu and Shodan 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
Senior Rokkyu	19	<hr/>

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Senior Gokyu	37
Senior Yonkyu	54
Senior Sankyu	71
Senior Nikyu	89
Senior Ikkyu	106
Senior Rokkyu	19

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Technical Demonstration Instructions

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

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. All required techniques for each rank must be scored as passing. At the examiner's discretion, failed techniques may be retested without having to retake the entire test.

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."*

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

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List (4-1) Nage-waza – Throwing Techniques (Gokyo No Waza)

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
4	8	12	18	24	32	40

Pass/Fail			Pass/Fail		
	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			
	Seoi nage	One Arm Shoulder Throw			
	Kosoto-Gari	Small Outer Reap			
	Kouch-Gari	Small Inner Reap			
	Koshi-Guruma	Hip Wheel			
	Tsurikomi-Goshi	Lift-Pull Hip Throw			
	Okuri-Ashi-Harai	Boot Sweep			
	Tai-Otoshi	Body Drop			
	Harai-Goshi	Sweeping Hip Throw			
	Uchimata	Inner Thigh Throw			
	Kosoto-Gake	Small Outside Hook			
	Tsuri-Goshi	Lifting Hip Throw			
	Yoko-Otoshi	Side Drop			
	Ashi-Guruma	Leg Wheel			

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	Hane-Goshi	Springing Hip Throw			
	Harai-Tsurikomi-Ashi	Lift-Pull Foot Sweep			
	Tomoe-Nage	Circle Throw			
	Kata-Guruma	Shoulder Wheel			
	Sumi-Gaeshi	Corner Throw			
	Tani-Otoshi	Valley Drop			
	Hane-Makikomi	Springing Wrap Around Throw			
	Sukui-Nage	Scooping Throw			
	Utsuri-Goshi	Changing Hip Throw			
	O-Guruma	Large Wheel			
	Soto-Makikomi	Outer Wrap Around Throw			
	Uki-Otoshi	Floating Drop			
	O-Soto-Guruma	Large Outer Wheel			
	Uki-Waza	Floating Throw			

Score _____ Circle: Pass Fail

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

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
2	3	5	6	7	8	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 Ura Nage
- _____ Morote Gari with Tawara Gaeshi
- _____ 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

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
0	2	3	4	4	5	6

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Demonstrate the following defenses against a forward throwing attack.

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

Score _____ **Circle:** **Pass** **Fail**

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List (4-5) Renraku-Waza – Combination Techniques

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
2	3	4	5	6	7	8

Demonstrate the following combination techniques.

- _____ Forward throw into a forward throw
- _____ Forward throw into a rear throw
- _____ Rear throw into a rear throw
- _____ Rear throw into a forward throw
- _____ Forward throw into osaekomi waza
- _____ Rear throw into osaekomi waza
- _____ Forward throw into kansetsu waza
- _____ Rear throw into kansetsu waza

Score _____ **Circle:** **Pass** **Fail**

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List (4-6) Kumi-kata – Gripping Forms

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
3	4	5	6	7	8	10

Demonstrate the following gripping techniques:

	Break grip against a lapel grip #1
	Break grip against a lapel grip #2
	Break grip against a sleeve grip #1
	Break grip against a sleeve grip #2
	Break grip against a high collar grip
	Break grip against a double sleeve grip
	Pistol grip into a throw
	Double sleeve grip into a throw
	Double collar grip into a throw
	Sleeve and belt grip into a throw

Score _____ Circle: Pass Fail

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List (4-7) Katame Waza – Grappling Techniques

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
4	5	6	7	8	9	10

Demonstrate the following pinning techniques either right or left side.

_____	Kesa-gatame	Scarf Hold
_____	Kuzure-kesa-gatame	Modified Scarf Hold
_____	Ushiro-kesa-gatame	Reverse Scarf Hold
_____	Kata-gatame	Shoulder Hold
_____	Uki-gatame	Floating Hold
_____	Yoko-shiho-gatame	Side Hold
_____	Tate-shiho-gatame	Straddling Hold
_____	Kami-shiho-gatame	Upper 4-Corner Hold
_____	Kuzure-kami-shiho-gatame	Modified Upper 4-Corner Hold
_____	Ura-gatame	Back Hold

Score _____ **Circle:** **Pass** **Fail**

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

Rokkyu	Gokyu	Yonkyu	Sankyū	Nikyu	Ikkyū	Shodan
6	12	13	14	15	16	18

Demonstrate the following escapes from Kesa-gatame:

Escape #1

Escape #2

Escape #3

Escape #4

Escape #5

Demonstrate the following escapes from Yoko Shiho-gatame:

Escape #1

Escape #2

Escape #3

Escape #4

Escape #5

Demonstrate the following escapes from Kami Shiho-gatame:

Escape #1

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Escape #2

Escape #3

Escape #4

Demonstrate the following escapes from Tate-Shiho-gatame:

Escape #1

Escape #2

Demonstrate the following escapes from Kata-gatame:

Escape #1

Escape #2

Demonstrate escapes from the following submissions:

Hadaka jime

Any cross choke

Juji hashigi juji gatame

Sankaku jime

Ude Garami

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

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
3	10	15	16	17	18	22

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

Turtle Top

- _____ Turn over to osaekomi #1
- _____ Turn over to osaekomi #2
- _____ Turn over to osaekomi #3
- _____ Turn over to osaekomi #4
- _____ Turn over to osaekomi #5
- _____ Turn over to osaekomi #6

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

Turtle Bottom

- _____ Turnover to oasaekomi #1
- _____ Turnover to oasaekomi #2
- _____ Turnover to oasaekomi #3
- _____ Turnover to oasaekomi #4
- _____ Turnover to oasaekomi #5

Guard Passing

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

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- _____ Guard pass to osaekomi #1
- _____ Guard pass to osaekomi #2
- _____ Guard pass to osaekomi #3
- _____ Guard pass to osaekomi #4
- _____ Guard pass to osaekomi #5
- _____ Guard pass to osaekomi #6
- _____ Guard pass to osaekomi #7

Guard Sweep

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

- _____ Sweep to top position #1
- _____ Sweep to top position #2
- _____ Sweep to top position #3
- _____ Sweep to top position #4
- _____ Sweep to top position #5
- _____ Sweep to top position #6
- _____ Sweep to top position #7

Score _____ Circle: Pass Fail

List (4-11) Shime Waza – Choking Techniques

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
--------	-------	--------	--------	-------	-------	--------

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2	3	4	6	8	10	12
---	---	---	---	---	----	----

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

_____	Nami-juji-jime	Normal Cross Choke
_____	Gyaku-juji-jime	Reverse Cross Choke
_____	Kata-juji-jime	Half Cross Choke
_____	Kataha-jime	Single Wing Choke
_____	Sode-guruma-jime	Sleeve Wheel Choke
_____	Kata-te-jime	One Hand Choke
_____	Hadaka-jime	Naked Choke
_____	Okuri-eri-jime	Sliding Lapel Choke
_____	Sankaku-jime	Triangular Choke
_____	Ryote-jime	Two Hand Choke
_____	Tsukkomi-jime	Trust Choke
_____	Do-jime	Trunk Lock

Score _____ **Circle:** **Pass** **Fail**

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

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
2	3	4	5	6	8	10
	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					
	Ashi garami					

Score _____ Circle: Pass Fail

Nage-no kata

In addition to the above requirements:

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Email: support@usja.net

- The rank of sankyu shall require the satisfactory passage (70%) of Part 1 of the USJA's online nage-no-kata exam (Kata basics and set 1 of the nage-no-kata).
- The rank of nikyu shall require the satisfactory passage (70%) of Part 2 of the USJA's online nage-no-kata exam (Set 2 and Set 3 of the nage-no-kata).
- The rank of ikkyu shall require the satisfactory passage (70% of Part 3 of the USJA's online nage-no-kata exam (Set 4 and Set 5 of the nage-no-kata).
- NOTE: None of the above nage-no-kata requirements shall take effect until the USJA has developed and published online instructional videos and tests for Parts 1, 2 and 3 of the nage-no-kata exam.

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USJA Rank Examination for all Junior & Senior Kyu Ranks

Certification of Examiner:

*I certify that _____
has successfully passed the required General Knowledge, Vocabulary and Technical tests for the rank of Senior
Kyu/Shodan _____.*

Signature of Examiner

Rank

Date

Signature of Head Instructor

Rank

Date

Certification of Student:

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

Signature of Student

Rank

Date

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USJA Rank Examination for Senior Nidan and Sandan

Name: _____ Age: _____

Current Rank: _____ Rank testing for: _____

Date of current rank: _____ USJA Membership #: _____

Number of classes attended: _____

Date of Exam: _____

Name of Examiner: _____

Rank of Examiner: _____

In order to be examined for a USJA Judo rank the following requirements must be met as set forth in the USJA Judo Manual.

1. You must be a current member of the United States Judo Association.
2. You must have obtained the required age, time in grade, and classes taught or attended for the rank being requested, as indicated in the table below.
3. Must have passed a Background Screen report and have a current Concussion Training and SafeSport certificate.

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2nd to 3rd Dan Rank/Belt	Age	TIG (Years) /classes	Additional Requirement	Sign off # Rank or above
2nd Dan/Black Nidan	19	3/288	1) Nage-no-kata demonstration or certification. 2) Passing examination of each throw of the Shinmeisho no waza 3) Obtain Associate Referee Certification or higher (shall be waived until developed and published online)	(1) 3 rd Dan
3rd Dan/Black Sandán	23	4/384	1) Katame-no-kata demonstration or certification. 2) Passing examination of each throw of the Habukareta waza 3) Obtain Local Coaching Certification (can be waived until made available online)	(1) 4 th Dan

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Shinmeisho no waza

Pass/Fail		
	Morote-Gari	Double Leg Takedown
	Kuchiki-Taoshi	Dead Tree Drop
	Kibisu-Gaeshi	Heel Trip
	Uchimata-Sukashi	Inner Thigh Reap Counter
	Obi-Tori-Gaeshi	Front Knee Lift
	Tsubame-Gaeshi	Swallow Counter
	O-Soto-Gaeshi	Major Outer Counter
	O-Uchi-Gaeshi	Major Inner Counter
	Kouchi-Gaeshi	Minor Inner Reap Counter
	Hane-Goshi-Gaeshi	Springing Hip Counter
	Harai-Goshi-Gaeshi	Sweeping Hip Counter
	Uchimata-Gaeshi	Inner Thigh Counter
	Kani-Basami	Crab Scissors
	Kawazu-Gake	One Leg Entanglement
	O-Soto-Makikomi	Major Outer Wrap Around
	Uchimata-Makikomi	Inner Thigh Wrap Around
	Harai-Makikomi	Sweeping Wrap Around
	Sode-Tsurikomi-Goshi	Sleeve Lift Pull Hip Throw
	Ippon-Seoinage	One Arm Shoulder Throw
	Ko Uchi Makikomi	Small Inner Wrap Around

Score _____ Circle: Pass Fail

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Habukareta waza

Pass/Fail		
	Obi-Otoshi	Belt Drop
	Daki-Wakare	High Separation
	Hiki-Komi-Gaeshi	Back Fall Reversed
	O-Soto-Otoshi	Major Outer Drop
	Tawara-Gaeshi	Rice Bag Reversal
	Uchi-Makikomi	Inner Wrap Around
	Seoi-Otoshi	Shoulder Drop
	Yama-Arashi	Mountain Storm

Score _____ Circle: Pass Fail

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Certification of Black Belt Candidate:

I certify that the above-named applicant has satisfied the requirements for the rank for which he is applying for:

Signature of Black Belt Candidate

Rank of Black Belt Candidate

Date

Certification of Examiner:

I certify that the above-named applicant has satisfied the requirements for the rank for which he is applying for:

Signature of Examiner

Rank of Examiner

Date