



Exam for all Senior Judo Ranks

Score
Selection

Name: _____ Rank Testing for: _____

HAIRI WAZA

Entry Techniques into Matwork

LIST 4-15 HANDS & KNEES TOP

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	4	4	5	6	7	8	9	9	9	10

- ___ Cross face turn over
- ___ Belt pull & TATESHIHO-GATAME entry
- ___ Double belt pull & rear choke
- ___ JIKOKU-JIME entry from side
- ___ Double lapel turn over from bear-hug
- ___ Entry into JUJI-GATAME (Method #1)
- ___ Entry into JUJI-GATAME (Method #2)
- ___ Half-Nelson push over
- ___ Figure-4 with walk-around
- ___ Figure-4 with sit-thru into Choke
- ___ Elbow & knee pull
- ___ SANKAKU pull-over entry
- ___ WAKI-GATAME or UDE-GARAMI
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____

LIST 4-16 HANDS & KNEES BOTTOM

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	6	7	8	8	9	10

- ___ Sit-Thru into Legs-Around-Bottom
- ___ LEG GRAB & DUCK UNDER from head & shoulder attack
- ___ CRADLE w/left heel trap
- ___ MOROTE-GARI from head & under arms bear hug
- ___ URA-NAGE from head & under arms bear hug
- ___ Sit-Thru into WAKI-GATAME
- ___ MAKI-KOMI from head attack & arm in armpit attack
- ___ LEG HOOK/SFOINAGE from back dojime & choke attack
- ___ MAKI-KOMI/USHIRO-KESA-GATAME from side & opposite armpit attack
- ___ Sit-Thru into UDE-GARAMI
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____

LIST 4-17 LEGS AROUND TOP

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	5	5	6	6	7	7	8	8	9	10

- ___ Knee in entry, back leg
- ___ Knee in entry, cross knee
- ___ Swinging leg entry
- ___ Sleeve pull around
- ___ Entry into JUJI-GATAME (Method #1)
- ___ Entry into JUJI-GATAME (Method #2)
- ___ Somersault entry
- ___ Ankle trap, knee over
- ___ Ankle trap, head under
- ___ One leg Boston Crab entry
- ___ Cross leg ankle trap
- ___ Double leg push/pull under to TATESHIHO
- ___ Choke/under leg entry
- ___ Measuring worm entry
- ___ Hand under, force leg up, then down
- ___ Pants leg pull to USHIRO-KESA-GATAME
- ___ Double belt pull
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____

LIST 4-18 LEGS AROUND BOTTOM

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	1	2	3	4	5	6	7	8	8	9	10

- ___ Entry into SANKAKU -JIME
- ___ Entry into UDE -GARAMI
- ___ Turn over to TATESHIHO GATAME
- ___ Entry into JUJI-GATAME
- ___ Knee-in with side turn
- ___ SUMI GAESHI w/ knee push
- ___ Knee-Push into ASHI-GATAME
- ___ Knee-Push into HIZA-GATAME
- ___ OKURI-FRI-JIME from front
- ___ Entry into Cross choke
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____
- ___ Other _____

Score
Selection

FUSEGI

Escapes from Matwork Attacks

LIST 4-19

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

Demonstrate the following escapes against Kesa-Gatame.

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

LIST 4-20

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

Demonstrate the following escapes against Yoko-Shiho-Gatame.

- ___ Bridge & roll escape
- ___ Uphill turn escape
- ___ Leg entangling leg escape
- ___ Leg hooking head escape
- ___ Other
- ___ Other
- ___ Other
- ___ Other
- ___ Other

LIST 4-21

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

Demonstrate the following escapes against Kami-Shiho-Gatame.

- ___ Single roll escape
- ___ Double bridge & roll escape
- ___ Double arm
- ___ Legs over
- ___ Press out
- ___ Other
- ___ Other
- ___ Other
- ___ Other

LIST 4-22

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

Demonstrate the following escapes against these misc. matwork attacks.

- ___ Defense/ escape against rear chokes
- ___ Defense/escape against front chokes
- ___ Escape from KATA-GATAME
- ___ Escape from TATE-SHIHO-GATAME
- ___ Defense/escape against JUJI-GATAME

Rank Testing for:

Name:

Name: _____ Rank Testing for: _____

MISC. THROWING SKILLS

LIST 4-2

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	6	6	8	10	12	12	16	18	20	20

Demonstrate your personal attack system as an opponent moves in the following directions.
 Show from same side gripping (right vs right, left vs left) - *Ai Yotsu*
 Show from opposite side gripping (right vs left) - *Kenka Yotsu*

- | | |
|--|--|
| <p>___ Opponent moves directly toward you</p> <p>___ Opponent moves directly away from you</p> <p>___ Opponent's moves to their left-front corner</p> <p>___ Opponent's moves to their left-rear corner</p> <p>___ Opponent's moves to their right-front corner</p> <p>___ Opponent's moves to their right-rear corner</p> <p>___ Opponent moves to your left</p> <p>___ Opponent moves to your right</p> <p>___ Opponent circles you to the left</p> <p>___ Opponent circles you to the right</p> | <p>___ Opponent moves directly toward you</p> <p>___ Opponent moves directly away from you</p> <p>___ Opponent's moves to their left-front corner</p> <p>___ Opponent's moves to their left-rear corner</p> <p>___ Opponent's moves to their right-front corner</p> <p>___ Opponent's moves to their right-rear corner</p> <p>___ Opponent moves to your left</p> <p>___ Opponent moves to your right</p> <p>___ Opponent circles you to the left</p> <p>___ Opponent circles you to the right</p> |
|--|--|

RENWAKU WAZA

Combination Techniques

LIST 4-3

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	4	4	7	9	11	13	16	18	20	22	22

Demonstrate the following attack combinations either right or left side.

- | | |
|--|--|
| <p>___ Forward throw #1 ⇒ Pin</p> <p>___ Forward throw #2 ⇒ Pin</p> <p>___ Forward throw #3 ⇒ Pin</p> <p>___ 2-Knee SEOINAGE ⇒ Armlock</p> <p>___ Forward throw #1 ⇒ Arm lock</p> <p>___ Forward throw #2 ⇒ Arm lock</p> <p>___ Forward throw ⇒ Opposite side forward throw</p> <p>___ Sutemi waza ⇒ Pin</p> <p>___ Forward throw ⇒ Forward throw #1</p> <p>___ Forward throw ⇒ Forward throw #2</p> <p>___ Forward throw ⇒ Forward throw #3</p> | <p>___ Rear throw ⇒ Pin #1</p> <p>___ Rear throw ⇒ Pin #2</p> <p>___ Rear throw ⇒ Pin #3</p> <p>___ OUCHI-GARI ⇒ Forward throw</p> <p>___ SASAE TSURIKOMI ASHI ⇒ OSOTO-GARI</p> <p>___ Forward throw ⇒ Rear throw #1</p> <p>___ Forward throw ⇒ Rear throw #2</p> <p>___ Forward throw ⇒ Rear throw #3</p> <p>___ Combination of 3 throws #1</p> <p>___ Combination of 3 throws #2</p> <p>___ Combination of 3 throws #3</p> |
|--|--|

LIST 4-4

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

Demonstrate the following attack combinations either right or left side.

- | | |
|---|---|
| <p>___ Your tokui waza ⇒ Forward throw</p> <p>___ Forward throw ⇒ Your tokui waza</p> <p>___ Any throw ⇒ Sutemi Waza (#1)</p> | <p>___ Your tokui waza ⇒ Rear throw</p> <p>___ Rear throw ⇒ Your tokui waza</p> <p>___ Any throw ⇒ Sutemi waza (#2)</p> |
|---|---|

Name: _____ Rank Testing for: _____

BOGYO

Defense Against Throws

LIST 4-5

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
2	3	4	6	7	8	9	9	9	9	9	9

Demonstrate the following defenses against a forward throwing attack. Two must be from both a left and right attack.

- | | |
|--|--|
| ___ Inside leg jump around | ___ Hip twist |
| ___ Outside leg jump around | ___ Diagonal forward |
| ___ Drive (start of Tani-Otoshi) | ___ Pick-up between legs |
| ___ Pick-up around the back (Ushiro-Goshi) | ___ Elbow roll against 2-KNEE SEOINAGE |
| ___ Hip rotation (start of Osoto-Gari) | |

LIST 4-6

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

Demonstrate the following defenses against throwing attacks.

- | | |
|------------------------------------|----------------------------------|
| ___ Defense against DE-ASHI-HARAI | ___ Round-off against OGOSHI |
| ___ Turn-out against OSOTO-GARI | ___ Turn-out against OUCHI-GARI |
| ___ Step away against OSOTO-GARI | ___ Turn-out against rear throws |
| ___ Turn-out against forward throw | |

LIST 4-7

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

Demonstrate the following defenses against throwing attacks.

- | | |
|--------------------------------------|---------------------------------|
| ___ Defense against KOSHI-GURUMA | ___ Defense against HARAI-GOSHI |
| ___ Turn-out against OUCHI-GARI | ___ Defense against JUJI-GATAME |
| ___ Defense against OKURI-ASHI-HARAI | ___ Defense against UCHI-MATA |

KAESHI-NO-WAZA

Counter Throw Techniques

LIST 4-8

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
1	2	4	6	7	9	12	15	17	20	20	20

Uke attacks with: ➡ Tori (you) counter with:

- | | |
|---|---|
| ___ OSOTO-GARI ➡ OSOTO-GAESHI | ___ 2-Knee SEOINAGE ➡ Rear choke |
| ___ Forward throw #1 ➡ TANI-OTOSHI | ___ 2-Knee SEOINAGE ➡ Takedown and pin |
| ___ Forward throw #2 ➡ TANI-OTOSHI | ___ TAI-OTOSHI ➡ DE-ASHI-HARAI |
| ___ Forward throw #3 ➡ TANI-OTOSHI | ___ DE-ASHI-HARAI ➡ TSUBAMI-GAESHI |
| ___ IPPON-SEOINAGE ➡ SUMI-GAESHI | ___ OUCHI-GARI ➡ OUCHI-GAESHI |
| ___ KOUCHI-GARI ➡ KOUCHI-GAESHI | ___ TAI-OTOSHI ➡ TOMOE-NAGE |
| ___ KOSHI-GURUMA ➡ USHIRO-GOSHI | ___ TOMOE-NAGE ➡ Takedown & pin |
| ___ UKI-GOSHI ➡ UTSURI-GOSHI | ___ HANE-GOSHI ➡ UTSURI-GOSHI |
| ___ UCHI-MATA ➡ UCHI-MATA-SUKASHI | ___ UCHI-MATA ➡ TAI-OTOSHI (or any other throw) |
| ___ Forward throw ➡ Outside leg jump around to foot sweep | |
| ___ Forward throw ➡ Inside leg jump around to forward throw | |

Name: _____ Rank Testing for: _____

Score
Selection

KUMI KATA

Gripping Forms

LIST 4-9	6K 5K 4K 3K 2K 1K	1D 2D 3D 4D 5D 6D+
	2 3 4 4 6 7	9 12 12 12 13 13

Demonstrate the following grip control maneuvers and a throw from each.

- | | |
|--|---|
| <p>___ ___ Standard sleeve and lapel grip</p> <p>___ ___ Through the armpit back grip</p> <p>___ ___ Back grip with belt hold</p> <p>___ ___ Over shoulder back grip</p> <p>___ ___ Cross grip with lapel grip</p> <p>___ ___ Cross grip with back or belt grip</p> <p>___ ___ High lapel grip</p> | <p>___ ___ Low lapel grip</p> <p>___ ___ Jacket end grip</p> <p>___ ___ Double sleeve grip (two on two)</p> <p>___ ___ Single sleeve grip (two on one)</p> <p>___ ___ Collar grip</p> <p>___ ___ One hand lapel grip (other hand free)</p> <p>___ ___ Other</p> |
|--|---|

LIST 4-10	6K 5K 4K 3K 2K 1K	1D 2D 3D 4D 5D 6D+
	1 2 3 4 5 6	7 9 9 9 9 9

Demonstrate all of the following grip breaking maneuvers. Show from both same and opposite side grips.

- | | |
|--|--|
| <p>___ ___ UDE-GATAME break against lapel grip</p> <p>___ ___ UDE-GATAME break against sleeve grip</p> <p>___ ___ Drive through break against collar grip</p> <p>___ ___ Swinging elbow break against sleeve grip</p> <p>___ ___ Inner sleeve grip against high lapel grip</p> | <p>___ ___ WAKI-GATAME against lapel grip</p> <p>___ ___ Snap out break through against low lapel grip</p> <p>___ ___ Swinging arm break against sleeve grip</p> <p>___ ___ Double sleeve counter grip</p> |
|--|--|

LIST 4-11	6K 5K 4K 3K 2K 1K	1D 2D 3D 4D 5D 6D+
	0 0 2 3 4 4	4 4 4 4 4 4

Demonstrate variations of your favorite throw using different gripping configurations.

- ___ ___ (Grip #1) _____
- ___ ___ (Grip #3) _____
- ___ ___ (Grip #2) _____
- ___ ___ (Grip #4) _____

Name: _____ Rank Testing for: _____

Score
Selection

KATAME WAZA Grappling Techniques

OSAEKOMI WAZA Holding Techniques

LIST 4-12	6K 5K 4K 3K 2K 1K						1D 2D 3D 4D 5D 6D+					
	2	3	4	5	6	6	6	7	8	10	12	12

- | | | | |
|----------------------------|--------------------|----------------------------------|-----------------------------|
| ___ ___ KESA-GATAME | Scarf Hold | ___ ___ YOKO-SHIHO-GATAME | Side Hold |
| ___ ___ KUZURE-KESA-GATAME | Variant Scarf Hold | ___ ___ KUZURE-YOKO-SHIHO-GATAME | Variant Side Hold |
| ___ ___ MAKURA-KESA-GATAME | Pillow Scarf Hold | ___ ___ TATE-SHIHO-GATAME | Straddling Hold |
| ___ ___ USHIRO-KESA-GATAME | Reverse Scarf Hold | ___ ___ KAMI-SHIHO-GATAME | Upper 4-Corner Hold |
| ___ ___ KATA-GATAME | Shoulder Hold | ___ ___ KUZURE-KAMI-SHIHO-GATAME | Variant Upper 4-Corner Hold |
| ___ ___ UKI-GATAME | Floating Hold | ___ ___ SANKAKU-GATAME | Triangular Hold |

SHIME WAZA Strangulation Techniques

LIST 4-13	6K 5K 4K 3K 2K 1K						1D 2D 3D 4D 5D 6D+					
	1	2	4	5	6	7	8	9	10	12	12	12

- | | | | |
|--------------------------|---------------------|------------------------|---------------------|
| ___ ___ NAMI-JUJI-JIME | Normal Cross Choke | ___ ___ HADAKA-JIME | Naked Choke |
| ___ ___ GYAKU-JUJI-JIME | Reverse Cross Choke | ___ ___ OKURI-ERI-JIME | Sliding Lapel Choke |
| ___ ___ KATA-JUJI-JIME | Half Cross Choke | ___ ___ JIKOKU-JIME | Hell Strangle |
| ___ ___ KATAHA-JIME | Single Wing Choke | ___ ___ SANKAKU-JIME | Triangular Choke |
| ___ ___ SODE-GURUMA-JIME | Sleeve Wheel Choke | ___ ___ RYOTE-JIME | Two Hand Choke |
| ___ ___ KATATE-JIME | One Hand Choke | ___ ___ TSUKKOMI-JIME | Thrust Choke |

KANSETSU WAZA Joint Locking Techniques

LIST 4-14	6K 5K 4K 3K 2K 1K						1D 2D 3D 4D 5D 6D+					
	0	0	1	2	3	4	5	6	7	8	10	10

- | | | | |
|---------------------|--------------------------------|------------------------|---------------------|
| ___ ___ JUJI-GATAME | Cross Arm Lock | ___ ___ WAKI-GATAME | Arm-Pit Arm Lock |
| ___ ___ UDE-GARAMI | Bent Arm Lock (Up Variation) | ___ ___ SANKAKU-GARAMI | Triangular Arm Lock |
| ___ ___ UDE-GARAMI | Bent Arm Lock (Down Variation) | ___ ___ HIZA-GATAME | Knee Arm Lock |
| ___ ___ UDE-GATAME | Normal Arm Lock | ___ ___ HARA-GATAME | Stomach Arm Lock |
| ___ ___ TE-GATAME | Hand Arm Lock | ___ ___ ASHI-GATAME | Leg Arm Lock |

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION

Write the answers for the following:

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 in order by color.

Rokyu stop here
Gokyu and up continue

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?

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

Gokyu stop here
Yonkyu and up continue

16. Name the three divisions of mat techniques in English and Japanese.

1. _____ / _____
2. _____ / _____
3. _____ / _____
(English) (Japanese)

17. Name three of the eight men who attained 10th degree black belt (judan) in judo while they were still alive.

1. _____
2. _____
3. _____

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

1. _____
2. _____

19. What is the ultimate goal of judo as defined by Dr. Kano?

20. What does the acronym G.E.T. P.A.I.D. (tacticle variables for randori/shiai) stand for?

- G. _____ P. _____
E. _____ A. _____
T. _____ D. _____

Yonkyu stop here
Sankyu and up continue

Exam for all USJA Senior Judo Ranks

GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

21. What year was judo first introduced into the summer Olympic games? _____
22. Who were the four men on the first U.S. Olympic judo team?
1. _____
 2. _____
 3. _____
 4. _____
23. Which American placed the first time judo was included at the Olympics, and what place did he win?
- _____ (Name) _____ (Place)
24. Name the six kyu ranks and colored belts from highest to lowest rank (do not list White Belt):
1. _____ / _____
 2. _____ / _____
 3. _____ / _____
 4. _____ / _____
 5. _____ / _____
 6. _____ / _____
- (Color) (Japanese Name)
25. Name (Japanese Name) the 10 black belt ranks in order:
1. _____ 6. _____
 2. _____ 7. _____
 3. _____ 8. _____
 4. _____ 9. _____
 5. _____ 10. _____
26. What does the word "JUDO" mean in English?
- _____

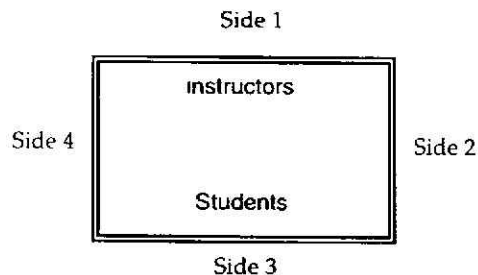
Sankyu stop here
Nikyu and up continue

27. What other colored belt are some black belt persons entitled to wear?
- 1st Degree - _____
- 2nd Degree - _____
- 3rd Degree - _____
- 4th Degree - _____
- 5th Degree - _____
- 6th Degree - _____
- 7th Degree - _____
- 8th Degree - _____
- 9th Degree - _____
- 10th Degree - _____

28. What are the four sides of the dojo called?

(Refer to diagram below)

1. _____ / _____
 2. _____ / _____
 3. _____ / _____
 4. _____ / _____
- (English) (Japanese)



29. Which American was the first to win a medal at the World Championships in judo and what place did he win?
- _____ (Name) _____ (Place)
30. List the nine kata of Kodokan Judo in English and Japanese.
1. _____ / _____
 2. _____ / _____
 3. _____ / _____
 4. _____ / _____
 5. _____ / _____
 6. _____ / _____
 7. _____ / _____
 8. _____ / _____
 9. _____ / _____
- (English) (Japanese)

Nikyu stop here
Ikkyu and up continue

31. Name four Americans who have won medals at the Olympic Games in judo, and what place they won.
1. _____
 2. _____
 3. _____
 4. _____
- (Name) (Place)
32. Which American was the first to win a gold medal at the Men's World Games in judo?
- _____ (Name) _____ (Year)

Exam for all USJA Senior Judo Ranks
GENERAL INFORMATION (CONTINUED)

Write the answers for the following:

33. Which American was the first to win a gold medal at the Women's World Games in judo?

_____ (Name) _____ (Year)

34. What year was women's judo first introduced into the summer Olympic games as a full medal event? _____
35. What are the ordinal numbers between eleven and twenty in Japanese?

- | | |
|-----------|-----------|
| 11. _____ | 16. _____ |
| 12. _____ | 17. _____ |
| 13. _____ | 18. _____ |
| 14. _____ | 19. _____ |
| 15. _____ | 20. _____ |

Ikkyu stop here
Shodan and up continue

ESSAY QUESTIONS

Answer the following:

36. What has judo done for you?
37. What have you done for judo?

Shodan and above stop here

Name: _____ Rank Testing for: _____

LIST 4-1

NAGE WAZA
Throwing Techniques

Preferred Side Score
Opposite Side Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
4	8	12	16	20	25	30	40	48	56	61	67
6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	1	2	3	4	6	8	12	16	20	30

Preferred Side

Opposite/Both Sides

GOKYO-NO-WAZA

Five Stages of Technique
Established in 1920

Dai-Ikkkyo (set one)

- DE-ASHI-HARAI Advanced Foot Sweep
- HIZA-GURUMA Knee Whirl
- SASAE-TSURI-KOMI-ASHI Supporting Lift-Pull Foot
- UKI-GOSHI Floating Hip
- OSOTO-GARI Major Outer Reap
- OGOSHI Major Hip
- OUCHI-GARI Major Inner Reap
- SEOI-NAGE Shoulder Throw

Dai-Nikkyo (set two)

- KOSOTO-GARI Minor Outer Reap
- KOUCHI-GARI Minor Inner Reap
- KOSHI-GURUMA Hip Whirl
- TSURI-KOMI-GOSHI Lift-Pull Hip
- OKURI-ASHI-HARAI Assisting Foot Sweep
- TAI-OTOSHI Body Drop
- HARAI-GOSHI Sweeping Hip
- UCHI-MATA Inner Thigh

Dai-Sankyo (set three)

- KOSOTO-GAKE Minor Outer Hook
- TSURI-GOSHI Lifting Hip
- YOKO-OTOSHI Side Drop
- ASHI-GURUMA Foot Whirl
- HANE-GOSHI Spring Hip
- HARAI-TSURI-KOMI-ASHI Sweeping Lift-Pull Foot
- TOMOE-NAGE Circle Throw
- KATA-GURUMA Shoulder Whirl

Dai-Yonkyo (set four)

- SUMI-GAESHI Corner Reversal
- TANI-OTOSHI Valley Drop
- HANE-MAKI-KOMI Springing Body Wrap
- SUKUI-NAGE Scooping Throw
- UTSURI-GOSHI Transfer Hip
- O-GURUMA Major Whirl
- SOTO-MAKI-KOMI Outside Body Wrap
- UKI-OTOSHI Floating Drop

Dai-Gokyo (set five)

- OSOTO-GURUMA Major Outer Whirl
- UKI-WAZA Floating Technique
- YOKO-WAKARE Side Separation
- YOKO-GURUMA Side Whirl
- USHIRO-GOSHI Rear Hip
- URA-NAGE Back Throw
- SUMI-OTOSHI Corner Drop
- YOKO-GAKE Side Dash

SHINMESHO-NO-WAZA

Newly Certified Techniques
Added to Kodokan Judo in 1982 - Revised in 1997

- MOROTE-GARI Two Hand Reap
- KUCHIKI-TAOSHI Dead Tree Drop
- KIBISU-GAESHI Heel Trip
- UCHI-MATA-SUKASHI Inner Thigh Avoidance
- KOUCHI GAESHI Minor inner Reap Counter
- DAKI-AGE High Lift
- TSUBAME-GAESHI Swallow Counter
- OSOTO-GAESHI Major Outer Counter
- OUCHI-GAESHI Major Inner Counter
- HANE-GOSHI-GAESHI Springing Hip Counter
- HARAI-GOSHI-GAESHI Sweeping Hip Counter
- UCHI-MATA-GAESHI Inner Thigh Counter
- KANI-BASAMI Crab Claw
- KAWAZU-GAKE One-Leg Entanglement
- OSOTO-MAKI-KOMI Major Outer Wrap Around
- UCHI-MATA-MAKI-KOMI Inner Thigh Wrap Around
- HARAI-MAKI-KOMI Sweeping Wrap Around
- IPPON-SEOI-NAGE One Arm Shoulder Throw
- SODE-TSURI-KOMI-GOSHI Sleeve Lift-Pull Hip



Techniques deleted from original 1895 Cokyo-No-Waza
in 1920 and reintroduced in 1982

- OBII-OTOSHI Belt Drop
- DAKI-WAKARE High Separation
- HIKIKOMI-GAESHI Back Fall Reversal
- OSOTO-OTOSHI Major Outer Drop
- TAWARA-GAESHI Rice Bag Reversal
- UCHI-MAKI-KOMI Inner Wrap Around
- SEOI-OTOSHI Shoulder Drop
- YAMA-ARASHI Mountain Storm

EXAM SCORES

RANK

	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	7D	8D	9/10D
Vocabulary Score															
Vocabulary Passing Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%	90%	100%	100%
General info. Score															
General Info. Passing Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%	90%	95%	95%
LIST 4-1(a + b)															
LIST 4-2															
LIST 4-3															
LIST 4-4	X														
LIST 4-5															
LIST 4-6	X														
LIST 4-7	X	X													
LIST 4-8															
LIST 4-9															
LIST 4-10															
LIST 4-11	X	X													
LIST 4-12															
LIST 4-13															
LIST 4-14	X	X													
LIST 4-15															
LIST 4-16	X														
LIST 4-17															
LIST 4-18	X														
LIST 4-19															
LIST 4-20	X														
LIST 4-21	X														
LIST 4-22	X														
LIST 4-23	X	X													
LIST 4-24															
LIST 4-25	X	X	X	X	X	X									
LIST 4-26	X	X	X	X	X	X	X	X	X						
TOTAL SCORE FOR DEMONSTRATION															
Minimum Total Passing Score for Demonstration Portion	45	96	188	246	302	356	520	592	662	873	942	1169	1213	1254	1292
Average Passing Score (per skill) for Demonstration Portion	1.5	1.5	2	2	2	2	2.5	2.5	2.5	3	3	3.5	3.6	3.7	3.8
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	7D	8D	9/10D

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY

Write the Japanese words for the following:

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. Forward rolling falling: _____
20. Free practice: _____
21. Formal pre-arranged routine practice: _____
22. Tournament: _____
23. (Straw, Japanese) judo mats: _____
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. Yes! : _____
33. No! : _____
34. Please: _____
35. Thank you: _____
36. Note! (referee's call for slight penalty): _____
37. Caution! (referee's call for moderate penalty): _____
38. Warning! (referee's call for severe penalty): _____
39. Loss by rule violation (referee's call): _____
40. Decision! (call by referee for judges' decision): _____
41. Don't move! (referee's call): _____
42. Continue! (referee call): _____
43. Fundamental natural posture: _____
44. Fundamental defensive posture: _____
45. Off balance: _____
46. Entry into a throw: _____
47. Execution of a throw: _____
48. Sweeping action done with the leg: _____
49. Reaping action done with the leg: _____
50. Dashing action done with the leg: _____
51. Springing action done with the leg: _____
52. Throw (noun): _____
53. Technique(s): _____
54. Throwing technique(s): _____
55. Hand: _____
56. Hand techniques: _____
57. Foot or Leg: _____
58. Foot techniques: _____
59. Big or major: _____
60. Little or minor: _____
61. Waist or hip: _____
62. Waist or hip techniques: _____
63. Major hip throw: _____
64. Outside: _____
65. Inside: _____
66. Major outside reaping throw: _____
67. Internal force or spiritual energy: _____
68. Shout to gather inner strength: _____

Rokyu stop here
Gokyu and up continue

Gokyu stop here
Yonkyu and up continue

69. Decision win! (referee's award): _____
70. Draw match! (referee's award): _____
71. A full point by adding two waza-ari scores :

72. Grappling techniques: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

73. Techniques from a supine position: _____
74. Holding techniques: _____
75. Choke: _____
76. Choking techniques: _____
77. Joint locking techniques: _____
78. The principle of gentleness or giving way: _____
79. Way of life: _____
80. Gentle way: _____
81. Gentle arts: _____
82. Favorite technique: _____
83. Way of the warrior: _____
84. Martial arts: _____
85. Class of belt ranks in judo below black belt: _____
86. Step or degree in the black belt ranks: _____
87. Holder of any black belt rank: _____
88. Holder of any rank below black belt: _____
89. Black belt association: _____
90. Repetition attack practice without throwing, done with partner: _____
91. Alternate throwing practice without resistance, done with partner: _____
92. Solo practice: _____
93. Practice in pairs: _____
94. Practice in general: _____
95. Fourth class (kyu) judo rank: _____
96. Kneeling bow: _____
97. Standing bow: _____
98. Knee: _____
99. Lock or Hold: _____
100. Wheel: _____
101. Side or lateral: _____
102. Fifth class (kyu) judo rank: _____
103. Formal eight directions of off-balancing: _____
108. Five stages of throwing techniques, the basic syllabus of Kodokan Judo: _____
109. Newly certified throwing techniques of Kodokan Judo: _____
110. Instantaneous promotion: _____
111. Sacrifice: _____
112. Throwing from a standing position: _____
113. Throwing techniques done by falling on one's back or side: _____
114. Back falling sacrifice throws: _____
115. Side falling sacrifice throws: _____
116. Striking techniques to vital areas: _____
117. Judo uniform belt: _____
118. Judo uniform jacket: _____
119. Judo uniform pants: _____
120. Judo uniform sleeve: _____
121. Judo uniform lapel: _____
122. Illegal act of locking the legs around the torso of an opponent: _____
123. Warm-up exercises in judo: _____
124. Cooling-off exercises in judo: _____
125. Exercises in general: _____
126. Variation (of a technique): _____
127. Counter technique: _____
128. Combination or faking technique: _____
129. Four corners (as in pins): _____
130. I surrender! : _____
131. Forms of gripping an opponent: _____
132. Normal: _____
133. Reverse: _____
134. Cross : _____
135. Arm: _____
136. Armpit: _____

Yonkyu stop here
Sankyu and up continue

Sankyu stop here
Nikyu and up continue

104. Third class (kyu) judo rank: _____
105. Second class (kyu) judo rank: _____
106. First class (kyu) judo rank: _____
107. Meditate! (command at close of class): _____
137. First degree black belt: _____
138. Second degree black belt: _____
139. Third degree black belt: _____
140. Fourth degree black belt: _____
141. Fifth degree black belt: _____

Exam for all USJA Senior Judo Ranks

JAPANESE VOCABULARY (Continued)

Write the Japanese words for the following:

142. Sixth degree black belt: _____
143. Seventh degree black belt: _____
144. Eighth degree black belt: _____
145. Ninth degree black belt: _____
146. Tenth degree black belt: _____
147. Twelfth degree black belt (held only by Dr. Kano):

148. Loss of any type: _____
149. Win of any type: _____
150. Win by forfeit or default of the opponent before
a match: _____
151. Win by withdrawal of the opponent during
a match: _____
152. Combination win by adding a one half point from
a violation and one waza-ari: _____
152. Slight superiority (contest call): _____
153. Side of the dojo or tournament mat reserved for
senior judoka or officials: _____
154. Cross arm lock : _____
155. Entangle: _____
156. Formal forms of throwing: _____
157. Formal forms of holding: _____
158. Formal forms of gentleness: _____
159. Formal forms of self-defense: _____
160. Formal forms of decision: _____
161. Ancient forms: _____
162. Forms of five: _____
163. Past master of judo (title traditionally applied
only to Dr. Kano): _____
164. Mutual benefit & welfare: _____
165. Maximum efficiency: _____
166. "Winner stays up" team contest: _____
167. Man-for-man, or elimination tournament: _____
168. Methods of ~~resuscitation~~ used in judo: _____
169. Illegal act of ~~entwining~~ the leg of an opponent:

170. Contest area: _____
171. Referee: _____
172. To float or floating: _____
173. Lift: _____
174. Pull: _____
175. Lift-pull action: _____
176. Defense (to an attack): _____
177. Escape (as from a pin): _____
178. Entry methods into matwork: _____
179. Body: _____
180. Thigh: _____
181. Rear, behind (as in throwing and pinning): _____
182. Reverse side, back: _____
183. Pivoting or turning the body: _____
184. Single handed: _____
185. Double handed: _____
186. Both hands: _____
187. Avoiding or evasive action: _____
188. A little: _____
189. Same side gripping (right vs right, left vs left):

190. Opposite side gripping (right vs left):

191. Pulling or locking hand (usually sleeve hand): _____
192. Power or drawing hand (usually lapel hand): _____
193. Red (used to differentiate players in a match): _____
194. White (used to differentiate players in a match): _____
195. Time! (referee's call): _____
196. Decision or decisiveness (as in thinking fast): _____
197. To drop: _____

Nikyu stop here
Ikkyu and up continue

Ikkyu stop here
Shodan and above stop here



UNITED STATES JUDO ASSOCIATION

Exam for all Senior Judo Ranks

Name: _____ Rank testing for: _____

Instructor: _____ Existing time-in-grade: _____

Exam Date(s): _____ Required time-in-grade: _____

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 national office, a certificate of promotion, a rank patch and a membership card showing your new rank will be sent to you.

2. The demonstration part of the exam is scored 0 thru 4. In general, the score of "0" is only given if the candidate does the wrong technique or grossly boggles it. "1" is given for a "fair" demonstration. "2" is an "average/good" score. "3" is given for demonstrations "above average/very good." A score of "4" is only given if the student is skillful enough with the technique to perhaps use it in randori or competition. The written portion is scored 1 point for each blank (some questions have multiple blanks).

3. Techniques may be demonstrated either right side or left side unless otherwise specified.

4. Place a check mark (✓) next to the technique(s) you wish to be examined on where appropriate. Next to each list, there is a guide indicating the required number of techniques you must choose and demonstrate. The examiner will place his/her score as indicated below.

LIST 4-19	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+	Top row indicates what rank is being tested for. Bottom row indicates number of techniques from list that are to be demonstrated.
	1	3	4	4	4	5	5	5	5	5	5	5	

Demonstrate the following escapes against Kesa Gatame.

3 ✓ Bridge & roll escape

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 not passed
the attached test as administered by me and has met all other requirements for this rank promotion. has passed

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