



USJA Rank Examination for Senior 1st - 5th Dan Ranks

Name: _____ Age: _____
 Current Rank: _____ Rank testing for: _____
 Date of current rank: _____ USJA Membership #: _____
 Number of classes attended: _____ Promotion points earned: _____
 Time in grade: _____ 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 promotion points for the rank being tested, as indicated in the table below.
3. Must have passed a Background Screen report and have a current Concussion Training and Safe Sport certificate.
4. Once all requirements have been completed, forward the Activity Log, RFP with signatures, and other required documentation (photo, bio, Heads-Up, Safe Sport, Background screen, etc.) to the USJA National Office/Promotion Board.

1 st to 5 th Dan Rank/Belt	Age Recommendation	A TIG/points	B TIG/points	C TIG/points	D TIG/points	Sign off # Rank or above
1 Dan/Black	15	1/60	2/50	3/40	5/0	(1) 2D
2 Dan/Black	17	2/120	3/100	4/80	7/0	(1) 3D
3 Dan/Black	20	4/200	5/180	6/150	9/0	(1) 4D
4 Dan/ Black&Red	24	5/300	6/280	7/250	10/200	(1) 5D
5 Dan/ Black&Red	29	6/360	7/350	8/320	11/220	(1) 6D

Instructors/Coaches: You can copy & utilize the following testing exams or print exams on USJA.net. to use for testing Black Belt Candidates.

General Knowledge and Vocabulary Instructions

The black belt candidate fills in the correct answer for general knowledge portion of exam. The vocabulary consists of a list of English Judo terms. The black belt candidate fills in the Japanese equivalent.

NOTE: *If the Coach has observed and can validate ability of black belt candidate without testing, the "General Knowledge and Vocabulary" portion of the test can be signed off by Coach. If Coach cannot verify ability of black belt candidate testing, this portion of the exam should be completed prior to completing Technical Demonstration.*

General Knowledge Requirements

1. Name the Japanese equivalent of the three parts of a Judo throw.
2. Give a verbal explanation of the principal of maximum efficiency.
3. Give a verbal explanation of the principal of mutual benefit and welfare. Name the two divisions of sacrifice techniques in Japanese.
4. Name the three parts of unarmed combat in Japanese.
5. Which Kata is considered most useful for learning throwing techniques?
6. Which Kata is considered most useful for learning grappling techniques?
7. What is the ultimate goal of Judo as defined by Dr. Kano?
8. What year was Judo first introduced into the summer Olympic Games?
9. Who were the four men on the first U.S. Olympic Judo team?
10. Which American was the first to win an Olympic medal in Judo and what place did he win?
11. What year was Women's Judo first introduced to the summer Olympic Games?
12. What year was Women's Judo included into the summer Olympic Games as an official sport?
13. Name the five U.S. Women that have medaled in the Olympic Games.
15. What are 12 of the prohibited acts that are penalized with Hansoku-make?
16. What are 11 of the prohibited acts that are penalized with Shido?
17. What is the difference between *large Judo* and *small Judo*?

Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms.

1. Body movement _____
2. Concentration of spirit _____
3. Effective preferred technique _____
4. Left _____
5. Right _____
6. Sandal (Japanese style) _____
7. Upper place or side of dojo _____
8. Corner drop _____
9. Dead tree drop _____
10. Heel trip reversal _____
11. Inner thigh reaping throw slip _____
12. Mountain storm _____
13. High lift _____
14. Pulling down sacrifice throw _____
15. Rice bale throw _____
16. Scissors throw _____
17. Single leg entanglement _____
18. Body scissors; trunk strangle _____
19. One hand strangle _____
20. Sleeve wheel strangle _____
21. Thrusting strangle _____
22. Triangular strangle _____
23. Two handed choke _____
24. Armpit armlock _____
25. Cross armlock _____
26. Entangled armlock _____
27. Hand armlock _____
28. Knee armlock _____
29. Leg armlock _____
30. Leg entangled armlock _____
31. Reverse entangled armlock _____
32. Stomach armlock _____
33. Triangular armlock _____
34. Forward rolling break-fall _____
35. Front break-fall _____
36. Rear break-fall _____
37. Side break-fall _____
38. Forms of antique _____
39. Forms of decision _____
40. Forms of five _____
41. Forms of gentleness _____
42. Forms of grappling _____
43. Forms of self-defense _____
44. Forms of throwing _____
45. Forms of individual exercise _____
46. Self-perfection _____

Technical Demonstration Instructions

The skills required for black belt candidate include many of the techniques from the Senior Kyu requirements. Above each list on the exam is a guide indicating the required number of techniques for each rank.

Shodan	Nidan	Sandan	Yodan	Godan
4	4	5	6	7

Below each guide is a list of techniques. The coach & black belt candidate will agree on what technique(s) the black belt candidate will be testing on prior to testing. At that time the coach/black belt candidate will highlight each skill that the black belt candidate 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 80%. You will receive:

Very Good/Excellent = 3 points

Fair/Good = 2 points

Poor = 0 points

The black belt candidate 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. The passing score is noted for each Dan level.

This exam represents the minimum requirements for each USJA rank. Additional requirements may be added and required by individual USJA Examiners.

NOTE: *If the Coach has observed and can validate ability of black belt candidate without testing, the "Technical Demonstration" portion of the test can be signed off by Coach. If Coach cannot verify ability of black belt candidate testing, this portion of the exam should be completed.*

Once all requirements have been met, forward the Activity Log, RFP with all signatures, and other required documentation (photo, bio, Heads-Up, Safe Sport, Background screen, etc.) to the USJA National Office/Promotion Board.

Technical Demonstration Requirements
List (5-1) Nage Waza – Throwing Techniques

Shodan	Nidan	Sandan	Yodan	Godan	
25	30	35	40	50	
13	15	17	20	25	Opposite Side
61	72	84	96	120	Required Score

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	Sliding Foot 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				

*Note: If the *Nage-no-kata* is checked-off or performed before the individual throwing techniques are demonstrated, the techniques that form a part of the *Nage-no-kata* will be scored during the grading of the kata, the score shall be entered and treated as one of the opposite side requirements, and the techniques do not need to be repeated during this segment of the examination. The *Nage-no-kata* techniques are identified by a * before the name of the technique in the table above.

Score _____ Circle: Pass Fail

List (5-2) Combination Techniques & Counter Techniques

Shodan	Nidan	Sandan	Yodan	Godan
16	17	27	27	27
26	27	43	43	43

Required Score

- Harai-goshi to O-soto-gari
 Counter Tai-otoshi with Kosoto-gake
 Avoid O-soto-otoshi and counter throw with O-goshi
 O-soto-otoshi to Kesa-gatame
 Kesa-gatame escape (encircle holder's rear leg)
 O-uchi-gari to O-soto-gari
 O-uchi-gari to Tai-otoshi
 Avoid Ippon-seoinage and apply Hadaka-jime
 Bridge and Roll Escape from Kesa-gatame
 O-soto-gari to Juji-gatame
 Kouchi-gari to Uchimata
 Counter Ouchi-gari with Hiza-guruma
 Tani-otoshi to Kesa-gatame
 Gyaku-ude-garami takedown
 Bridge and roll escape from Kuzure-kamishiho-gatame
 Counter Harai-goshi with Utsuri-goshi
 Yoko-tomoe-nage to Juji-gatame
 With uke on hands and knees, apply Kataha-jime (roll over)
 Escape an encircled leg from an attempted side hold
 Juji-gatame against a hands and knees defense
 Juji-gatame; defending from the guard position
 Okuri-ashi-harai to O-guruma or Harai-goshi
 Counter Hane-goshi with Harai-tsurikomi-ashi
 Tomoe-nage to Gyaku-juji-gatame
 With uke on hands and knees apply Sankaku-jime
 Counter Kuzure-kesa-gatame with Tsukkomi-jime
 Counter Yoko-shiho-gatame with Ude-gatame

Score Circle: **Pass Fail**

List (5-3) Shime Waza – Choking Techniques

Shodan	Nidan	Sandan	Yodan	Godan
6	7	8	10	12
10	11	13	16	19

Required Score

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

_____	_____	Nami-juji-jime	Normal Cross Choke
_____	_____	Gyaku-juji-jime	Reverse Cross Choke (Katame-no-kata)
_____	_____	Kata-juji-jime	Half Cross Choke (Katame-no-kata)
_____	_____	Kataha-jime	Single Wing Choke (Katame-no-kata)
_____	_____	Sode-guruma-jime	Sleeve Wheel Choke
_____	_____	Kata-te-jime	One Hand Choke
_____	_____	Hadaka-jime	Naked Choke (Katame-no-kata)
_____	_____	Okuri-eri-jime	Sliding Lapel Choke (Katame-no-kata)
_____	_____	Sankaku-jime	Triangular Choke
_____	_____	Ryote-jime	Two Hand Choke
_____	_____	Tsukkomi-jime	Trust Choke
_____	_____	Do-jime	

Score _____ **Circle: Pass Fail**

List (5-4) Osaekomi-Waza – Hold Down Techniques

Shodan	Nidan	Sandan	Yodan	Godan
9	10	11	11	11
14	16	18	18	18

Required Score

Demonstrate the following pinning techniques either right or left side.

_____	_____	Kesa-gatame	Scarf Hold
_____	_____	Kuzure-kesa-gatame	Modified Scarf Hold (Katame-no-kata)
_____	_____	Ushiro-kesa-gatame	Reverse Scarf Hold
_____	_____	Kata-gatame	Shoulder Hold (Katame-no-kata)
_____	_____	Uki-gatame	Floating Hold
_____	_____	Yoko-shiho-gatame	Side Hold (Katame-no-kata)
_____	_____	Kuzure-yoko-shiho-gatame	Modified Side Hold (Katame-no-kata)
_____	_____	Tate-shiho-gatame	Straddling Hold
_____	_____	Kami-shiho-gatame	Upper 4-Corner Hold (Katame-no-kata)
_____	_____	Kuzure-kami-shiho-gatame	Modified Upper 4-Corner Hold
_____	_____	Ura-gatame	
_____	_____	Other	

Score _____ **Circle: Pass Fail**

Note: If the *Katame-no-kata* is checked-off or performed before the *Osaekomi-waza*, *Shime-waza*, and *Kansetsu-waza* techniques are demonstrated, the techniques that form a part of the *Katame-no-kata* will be scored during the grading of the kata, the scores shall be entered, and the techniques do not need to be repeated during the katame-waza segment of the examination.

List (5-5) Kansetsu-Waza – Joint Locking Techniques

Shodan	Nidan	Sandan	Yodan	Godan
4	5	6	8	9
6	8	10	13	14

Required Score

_____	_____	Ude-garami	Entangled armlock (Katame-no-kata)
_____	_____	Ude-hishigi-juji-gatame	Cross armlock (Katame-no-kata)
_____	_____	Ude-hishigi-ude-gatame	Straight arm armlock (Katame-no-kata)
_____	_____	Ude-hishigi-hiza-gatame	Knee armlock (Katame-no-kata)
_____	_____	Ude-hishigi-waki-gatame	Armpit armlock (Goshin-jutsu-kata)
_____	_____	Ude-hishigi-hara-gatame	Stomach armlock
_____	_____	Ude-hishigi-ashi-gatame	Leg armlock
_____	_____	Ude-hishigi-sankaku-gatame	Triangular armlock

Score _____ Circle: Pass Fail

**List (5-6) Kata Segment
Nage-no-kata as Uke & Tori**

Shodan	Nidan	Sandan	Yodan	Godan
Yes	Yes	Yes	Yes	Yes

_____	_____	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

Katame-no-kata as Uke & Tori

Shodan	Nidan	Sandan	Yodan
No	**Yes	**Yes	**Yes

_____	_____	Osakomi-waza (Set 1)	_____	_____	Osakomi-waza (Set 1)	Circle: Pass Fail
_____	_____	Shime-waza (Set 2)	_____	_____	Shime-waza (Set 2)	Circle: Pass Fail
_____	_____	Kansetsu-waza (Set 3)	_____	_____	Kansetsu-waza (Set 3)	Circle: Pass Fail

Ju-no-kata as Uke & Tori

Shodan	Nidan	Sandan	Yodan
No	No	**Yes	**Yes

_____	_____	Dai-ikkyo (Set 1)	_____	_____	Dai-ikkyo (Set 1)	Circle: Pass Fail
_____	_____	Dai-nikyo (Set 2)	_____	_____	Dai-nikyo (Set 2)	Circle: Pass Fail
_____	_____	Dai-sankyo (Set 3)	_____	_____	Dai-sankyo (Set 3)	Circle: Pass Fail

Goshin-Jutsu kata as Uke & Tori

Shodan	Nidan	Sandan	Yodan
No	No	No	Yes

____ ____ All Sets

Circle: Pass Fail

Certification of Examiner:

I certify that _____ has successfully demonstrated the required number of techniques from each list for the rank of Senior Dan _____.

Signature of Examiner

Rank

Date

Waiver for Technical Demonstration:

We have observed and can validate the Technical abilities of _____, candidate for the rank of _____ Senior Dan. By signing below, we are waiving the Technical Demonstration portion of the USJA Black Belt Examination.

Coach Signature

Rank

Date

Certification of Black Belt Candidate:

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

Signature of Black Belt Candidate

Rank of Black Belt Candidate

Date

Once all requirements have been met, forward the Activity Log, RFP with all signatures, and other required documentation (photo, bio, Concussion Training, Safe Sport, Background screen, etc.) to the USJA National Office/Promotion Board. Forward Exam with all signatures to the Coach/Instructor of candidate for retention.