

UNITED STATES
 JUDO ASSOCIATION
 2059 Merrick Rd. # 313
 Merrick, NY 11566



Telephone: (516) 366-3311
 Fax: (844) 892-6608
 Website: www.usja.net
 Email: support@usja.net

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 Chartered club.
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.
4. For Shodan you must have passed a Background Screen report and have a current Concussion Training and Safe Sport certificate.

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



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?
 - 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*
 - 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*

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 _____
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* _____
 - 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

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



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!
 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 Rokyū stop here

21. Almost ippon!
22. Lock or hold
23. Scarf hold

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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

Selected	Pass/Fail			Selected	Pass/Fail		
		Deashi-Harai	Advanced Foot Sweep			Harai-Tsurikomi-Ashi	Lift-Pull Foot Sweep
		Hiza-Guruma	Knee Wheel			Tomoe-Nage	Circle Throw
		Sasae-Tsurikomi-Ashi	Lifting Pulling Ankle Block			Kata-Guruma	Shoulder Wheel
		Uki-Goshi	Floating Hip			Sumi-Gaeshi	Corner Throw
		O-Soto-Gari	Large Outer Reap			Tani-Otoshi	Valley Drop
		O-Goshi	Large Hip Throw			Hane-Makikomi	Springing Wrap Around Throw
		O-Uchi-Gari	Large Inside Reap			Sukui-Nage	Scooping Throw
		Seoi nage	One Arm Shoulder Throw			Utsuri-Goshi	Changing Hip Throw
		Kosoto-Gari	Small Outer Reap			O-Guruma	Large Wheel
		Kouch-Gari	Small Inner Reap			Soto-Makikomi	Outer Wrap Around Throw
		Koshi-Guruma	Hip Wheel			Uki-Otoshi	Floating Drop
		Tsurikomi-Goshi	Lift-Pull Hip Throw			O-Soto-Guruma	Large Outer Wheel
		Okuri-Ashi-Harai	Boot Sweep			Uki-Waza	Floating Throw
		Tai-Otoshi	Body Drop			Yoko-Wakare	Side Separation
		Harai-Goshi	Sweeping Hip Throw			Yoko-Guruma	Side Wheel
		Uchimata	Inner Thigh Throw			Ushiro-Goshi	Back Hip Throw
		Kosoto-Gake	Small Outside Hook			Ura-Nage	Back Throw
		Tsuri-Goshi	Lifting Hip Throw			Sumi-Otoshi	Corner Drop
		Yoko-Otoshi	Side Drop			Yoko-Gake	Side Body Drop
		Ashi-Guruma	Leg Wheel			Yoko-Wakare	Side Separation
		Hane-Goshi	Springing Hip Throw				

Score _____ Circle: Pass Fail

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List (4-2) 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:

Selected	Pass/Fail	
		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

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List (4-3) Bogyo – Defense Against Throws

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

Demonstrate the following defenses against a forward throwing attack.

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

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

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

Demonstrate the following combination techniques.

Selected	Pass/Fail	
		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 (4-5) Kumi-kata – Gripping Forms

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

Demonstrate the following gripping techniques:

Selected	Pass/Fail	
		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 (4-6) 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.

Selected	Pass/Fail		
		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 (4-7) Fusegi – Escapes from Matwork Attacks

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
6	12	13	14	15	16	18

Demonstrate the following escapes from Kesa-gatame:

Selected	Pass/Fail	
		Escape #1
		Escape #2
		Escape #3
		Escape #4
		Escape #5

Demonstrate the following escapes from Yoko Shiho-gatame:

Selected	Pass/Fail	
		Escape #1
		Escape #2
		Escape #3
		Escape #4
		Escape #5

Demonstrate the following escapes from Kami Shiho-gatame:

Selected	Pass/Fail	
		Escape #1
		Escape #2
		Escape #3
		Escape #4

Demonstrate the following escapes from Tate-Shiho-gatame:

Selected	Pass/Fail	
		Escape #1
		Escape #2

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Demonstrate the following escapes from Kata-gatame:

Selected	Pass/Fail	
		Escape #1
		Escape #2

Demonstrate escapes from the following submissions:

Selected	Pass/Fail	
		Hadaka jime
		Any cross choke
		Juji hashigi juji gatame
		Sankaku jime
		Ude Garami

Score _____ Circle: Pass Fail

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List (4-8) 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

Selected	Pass/Fail	
		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

Selected	Pass/Fail	
		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:

Selected	Pass/Fail	
		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

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Guard Sweep

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

Selected	Pass/Fail	
		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

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List (4-9) Shime Waza – Choking Techniques

Rokkyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu	Shodan
2	3	4	6	8	10	12

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

Selected	Pass/Fail		
		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 (4-10) Kansetsu-Waza – Joint Locking Techniques

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

Selected	Pass/Fail	
		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

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Nage-no kata

In addition to the above requirements:

- 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.

2nd to 3 rd 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 Sandan	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**

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