



UNITED STATES JUDO ASSOCIATION

Examination for Senior Yonkyu Judo Rank

Name: _____ Date of Birth _____
 USJA Membership # _____ Membership Expiration Date: _____
 Exam Date(s): _____
 Time-in-grade Required: 5 to 7 months Time-in-grade: _____

Promotion Points

Class Attendance Points _____
 Clinic/Camp Points _____
 Tournament Entry Points _____
 Tournament Win Points _____
 Tournament Placement Points _____
 Judo Service Points _____
 USJA Service Points _____
 Certification Points _____

Required Promotion Points: 9 to 15 points **Total Points** _____

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 USJA National Office, a certificate of promotion, a rank patch and a membership card showing your new rank will be issued to you.
2. The demonstration part of the exam is scored 0 thru 4. In general:
 - 0 = wrong technique or grossly boggled
 - 1 = fair demonstration
 - 2 = average/good score
 - 3 = above average/very good
 - 4 = skillful enough to use it in randori or competition
3. The written portion is scored 1 point for each blank (some questions have multiple blanks).
4. Techniques may be demonstrated either right side or left side unless otherwise specified.
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 passed has not passed the attached examination as administered by me and has met all other requirements for this rank promotion.

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

Examination for USJA Senior Yonkyu Judo Rank

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. Falling methods to the side: _____
20. Forward rolling falling: _____
21. Free practice: _____
22. Formal pre-arranged routine practice: _____
23. Tournament: _____
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. Note! (referee's penalty call): _____
33. Loss by rule violation (referee's call): _____
34. Decision! (referee for judges' decision): _____
35. Don't move! (referee's call): _____
36. Continue! (referee call): _____
37. Fundamental natural posture: _____
38. Fundamental defensive posture: _____

39. Off balance: _____
40. Entry into a throw: _____
41. Execution of a throw: _____
42. Sweeping action done with the leg: _____
43. Reaping action done with the leg: _____
44. Dashing action done with the leg: _____
45. Springing action done with the leg: _____
46. Throw (noun): _____
47. Technique(s): _____
48. Throwing technique(s): _____
49. Hand: _____
50. Hand techniques: _____
51. Foot or Leg: _____
52. Foot techniques: _____
53. Big or major: _____
54. Little or minor: _____
55. Waist or hip: _____
56. Waist or hip techniques: _____
57. Major hip throw: _____
58. Outside: _____
59. Inside: _____
60. Major outside reaping throw: _____
61. Internal force or spiritual energy: _____
62. Shout to gather inner strength: _____
63. Fifth class (kyu) judo rank: _____
64. Decision win! (referee's award): _____
65. Draw match! (referee s award): _____
66. One point by 2 waza-ari's: _____
67. Grappling techniques: _____
68. Techniques from a supine position: _____
69. Holding techniques: _____
70. Choke: _____
71. Choking techniques: _____
72. Joint locking techniques: _____
73. The principle of gentleness or giving way: _____
74. Way of life: _____
75. Gentle way: _____
76. Gentle arts: _____
77. Favorite technique: _____

78. Way of the warrior: _____
79. Martial arts: _____
80. Class of belt ranks below black belt: _____
81. Step or degree in the black belt ranks: _____
82. Holder of any black belt rank: _____
83. Holder of any rank below black belt: _____
84. Black belt association: _____
85. Repetition attack practice without throwing, done with partner: _____
86. Alternate throwing practice without resistance, done with partner: _____
87. Solo practice: _____
88. Practice in pairs: _____
89. Practice in general: _____
90. Fourth class (kyu) judo rank: _____
91. Kneeling bow: _____
92. Standing bow: _____
93. Knee: _____
94. Lock or Hold: _____
95. Wheel: _____
96. Side or lateral: _____
97. Eight directions of off-balancing: _____

Japanese Vocabulary Perfect Score = 97

Passing Score = 63 or higher

Actual Score = _____

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 after white in order by color.

- _____
- _____
- _____
- _____

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? (Count to ten!)

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

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. Yoshiake Yamashita
2. Hidekazu Nagaoka
3. Hajime Isogai
4. Kyuzo Mifune
5. Kunisaburo Iizuka
6. Kaichiro Samura
7. Shotaro Tabata
8. Sumiyuki Kotani

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.D. (tactical variables for randori/shiai) stand for?

- G = Grip P = Posture
- E. = Edge of Mat A = Angle of Attack
- T = Tempo D = Direction of Movement

General Knowledge Perfect Score = 71

Passing Score = 47 or higher

Actual Score = _____

DEMONSTRATION

Point Score Scale				
Excellent	Above Average	Good Average	Fair	Wrong Boggled
4	3	2	1	0

Ukemi

Falling Ways

(The candidate must successfully complete this section in order to proceed with the exam.)

1. Ushiro Ukemi (Back falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

2. Migi Yoko Ukemi (Right Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
3. Hidari Yoko Ukemi (Left Side falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
4. Zempo Kaiten Ukemi (Forward rolling falls)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
5. Front falls
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Sitting & Bowing

6. Seiza (sitting on knees and feet)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
7. Anza (sitting cross-legged)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
8. Za Rei (formal kneeling bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
9. Ritsu Rei (standing bow)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Posture & Movement

10. Shizen hontai (basic natural posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
11. Jigo hontai (basic defense posture)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
12. Tsugi ashi (Follow foot movement)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
13. Ayumi ashi (normal walking)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
14. Tai sabaki Front and rear 90 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
15. Tai sabaki Front and rear 180 degree
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
16. Happo no Kuzushi (forms of off balancing)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kumi Kata

Gripping Forms

17. Standard Sleeve & Lapel Grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
18. Swinging arm break for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
19. Swinging elbow break through for sleeve grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
20. Collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
21. Drive through break for collar grip
4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Nage Waza

Throwing Techniques

Go Kyo No Waza

Five Stages of Techniques

22. Hiza Guruma (knee wheel)
4 ___ 3 ___ 2 ___ 1 ___ 0 ___
23. O Goshi (major hip throw)

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 24. Ippon Seoinage (Single shoulder throw)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 25. Osoto Gari (major outside reaping)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 26. De Ashi Barai (advancing foot sweep)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 27. Ouchi Gari (major inside reaping)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 28. Uki Goshi (floating hip throw)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 29. Sasae Tsuru Komi Ashi (propping-lift-pull-foot)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 30. Ko Uchi Gari (minor inside reap)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 31. Koshi Guruma (hip wheel)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 32. Ko Soto Gari (minor outside reap)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 33. Tsuru Komi Goshi (lifting-pulling hip throw)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Bogyo

Defense Against Throws

34. Defense against Hiza Guruma
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 35. Defense against O Goshi
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 36. Defense against Osoto Gari
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 37. Defense against Seoinage
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 38. Defense against Ouchi Gari
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 39. Defense against De Ashi Barai
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kaeshi Waza

Counter Throwing Techniques

40. Counter for Hiza Guruma
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 41. Counter for O Goshi
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 42. Counter for Osoto Gari
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 43. Counter for Seoinage
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Renwaku Waza

Combination Techniques

44. Hiza Guruma to O Soto Gari combination
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 45. O Soto Gari to Hiza Guruma combination
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 46. Ko Uchi Gari to Seoinage combination

- 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 47. Seoinage to Ko Uchi Gari combination
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Katame Waza Grappling Techniques

Osaekomi Waza Holding Techniques

48. Kesa Gatame (scarf hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 49. Yoko Shiho Gatame (side 4 corners hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 50. Kami Shiho Gatame (upper 4 corners hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 51. Kuzure Kesa Gatame (modified scarf hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 52. Kuzure Yoko Shiho gatame (modified side 4 corners hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 53. Kuzure Kami Shiho Gatame (modified upper 4 corners hold)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Shime Waza

Strangulation (Choking) Techniques

54. Okuri Eri Jime (sliding lapel choke)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Kansetsu Waza

Joint Locking Techniques

55. Juji Gatame (cross arm lock)
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Fusegi

Escapes from Grappling Techniques

56. Uphill turn escape from Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 57. Bridge and roll escape from Kesa Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 58. Leg entangling escape from Yoko Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 59. Bridge and roll escape from Yoko Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 60. Single roll escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 61. Double bridge roll escape from Kami Shiho Gatame
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___

Hairi Waza

Entry Techniques into Mat-work

62. Half-Nelson entry from the front.
 4 ___ 3 ___ 2 ___ 1 ___ 0 ___
 63. Half-Nelson entry from the side.

- 4 ____ 3 ____ 2 ____ 1 ____ 0 ____
64. Cross face turn over entry into mat work
- 4 ____ 3 ____ 2 ____ 1 ____ 0 ____
65. Break out entry into mat work
- 4 ____ 3 ____ 2 ____ 1 ____ 0 ____

Demonstration Perfect Score = 260

Minimum Passing Score = 130 or higher

Actual Score = _____