

CANDIDATE'S NAME: _____ RANK TESTED: _____ DATE: _____

0 = Failed; 2 = Very Deficient; 3 & 4 = Deficient; 5 Low Average; 6 = Average; 7 = Good; 8 = Very Good; 9 Excellent; 10 = Perfect

Gokyu (12 Classes or 1 month)

- 1 Osoto-gari _____ (Major outer reap)
- 2 Deashi-barai _____ (Advanced foot sweep)
- 3 Ippon Seoi-nage _____ (One arm shoulder throw)
- 4 Uki-Goshi _____ (Floating Hip)
- 5 O-goshi _____ (Major hip)
- 6 Kesa-gatame Hon, Makure, Kuzur _____ (Scarf hold)
- 7 Kata-gatame _____ (Shoulder lock)

Yonkvu (24 Classes or 2 months)

- 8 Morote Seoi-nage _____ (Both shoulder throw)
- 9 O-uchi-gari _____ (Major inner reap throw)
- 10 Ko-uchi-gari _____ (Minor inner reap throw)
- 11 Sasae-tsurikomi-ashi _____ (Lifting pulling foot block throw)
- 12 Hiza-guruma _____ (Knee wheel)
- 13 Kami-shiho-gatame _____ (Upper quarter hold)
- 14 Hon-yoko-shiho-gatame _____ (Side quarter hold)
- 15 Kuzure-yoko-shiho-gatame _____ (Variation upper quarter hold)
- 16 One escape from Kesa-gatame _____
- 17 Hadaka-jime & Okuri-eri-jime, Counters/blocks, _____
- 18 Juji gatame _____

Sankvu (TIG Non-competitor 5 Months. Competitor 5pts 3 Months, 10pts 0 Time)

- 19 Ko-soto-gari _____ (Minor outer reap)
- 20 Tsurikomi-goshi _____ (Lifting pulling hip)
- 21 Sode-tsurikomi-goshi _____ (Sleeve lifting pulling hip throw)
- 22 Harai-goshi _____ (Sweeping hip throw)
- 23 Okuri-ashi-barai _____ (Sliding foot sweep throw)
- 24 Kuzure-kami-shiho-gatame _____ (Variation upper four quarter hold)
- 25 Tate-shiho-gatame _____ (Vertical upper quarter hold)
- 26 One escape from Yoko-shiho-gatame _____
- 27 Nami-juji-jime/Counter _____ (Normal cross choke)
- 28 Kata-juji-jime/Counter _____ (Half cross choke)
- 29 Gyaku-juji-jime/Counter _____ (Reverse cross choke)
- 30 Ude-garami _____ (Entangled arm lock)
- 31 Ude-gatame _____ (Arm bar)
- 32 Nage no Kata Competitor & Non Competitor first 3 sets as (Uke)

Nikvu (Non-Competitor 9 months. Competitor 5 pts 6 months, 10 pts 0 Time)

- 33 Koshi-guruma _____ (Hip wheel)
- 34 Tai-otoshi _____ (Body drop)
- 35 Uchi-mata _____ (Inner thigh throw)
- 36 Tomoe-nage _____ (Stomach throw)
- 37 One Migu throw _____ (Right throw)
- 38 One Hidari throw _____ (Left throw)
- 39 Demo one combo _____
- 40 Demo one counter _____
- 41 Escape from Kami-shiho _____
- 42 Escape from Tate-shiho _____
- 43 Tori leg extraction _____
- 44 Sankaku-jime _____ (Tringle choke)
- 45 Kataha-jime/counter _____ (Single wing choke)
- 46 Kata-te-jime/counter _____ (Single hand choke)
- 47 Hara-gatame _____ (Armlock by abdomen)
- 48 Nage no Kata Tori & Uke first 3 sets as a competitor & non competitor

Ikkuvu (Non-competitor 1yr. Competitor 5pts 9 months, 10pts 6 months, 15pts 3 months)

- 49 Ko-soto-gake _____ (Minor outer block)
- 50 Kata-guruma _____ (Shoulder wheel throw)
- 51 Hane-goshi _____ (Springing hip throw)
- 52 Demo 2 migu throws _____ (Demo two right throws)
- 53 Demo 2 hidiari throws _____ (Demo two left throws)
- 54 Demo 2 combo techniques _____
- 55 Demo 2 counter technique _____
- 56 Hiza-gatame _____ (Knee arm bar)
- 57 Waki-gatame _____ (Arm lock under arm pit)
- 58 Additional escapes from all mat holds _____
- 59 Sode-guruma-jime, Sankaku-jime. Counters to each _____
- 60 Nage no Kata Competitor & Non-competitor as Uke 5 sets

Examiner: _____

Score: _____

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Shodan (Age 14 and above. Non-Competitor 2 yrs, Competitor 5pts 1yr, 10pts 9 months, 15pts 6 months)

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|----|--|---------|-----------------------------|
| 61 | Yoko-otoshi | _____ | (Side drop throw) |
| 62 | Ashi-guruma | _____ | (Leg wheel) |
| 63 | O-tsuru-goshi | _____ | (Major lifting hip throw) |
| 64 | Ko-tsuru-goshi | _____ | (Minor lifting hip throw) |
| 65 | Harai-tsurikomi-ashi | _____ | (Lifting puling foot sweep) |
| 66 | Demo three migi throws | _____ | |
| 67 | Demo three hadari throws | _____ | |
| 68 | Demo three combo | _____ | |
| 69 | Demo three counter | _____ | |
| 70 | Escape from three mat holds | _____ | |
| 71 | Tsukkomi-jime/Counter | ___ ___ | (Single lapel choke) |
| 72 | Ryote-jime/Counter | ___ ___ | (Both lapel choke) |
| 73 | Te-gatame | _____ | (Hand arm bar) |
| 74 | Sankaku-gatame | _____ | (Triangular mat hold) |
| 75 | Competitor & Non competitor complete Nage no Kata as Tori & Uke. | | |

Nidan (Age 17 and above Non-competitor 4yrs. Competitor 5pts 3yrs, 10pts 2yrs, 15pts 1.5 yrs, 20pts 1yr)

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|----|--|---------|-----------------------|
| 76 | Sumi-gaeshi | _____ | (Corner throw) |
| 77 | Soto-makikomi | _____ | (Outer winding throw) |
| 78 | Tani-otoshi | _____ | (Valley drop) |
| 79 | O guruma | _____ | (Major wheel throw) |
| 80 | Sukui-nage | _____ | (Scooping throw) |
| 81 | Shime Waza/Block | ___ ___ | |
| 82 | Shime Waza/Block | ___ ___ | |
| 83 | Osaekomi Waza/Counter | ___ ___ | |
| 84 | Osaekomi Waza/Counter | ___ ___ | |
| 85 | Ashi-garami | _____ | (Entangle leg lock) |
| 86 | Kansetsu Waza/Escape | ___ ___ | |
| 87 | Competitor & Non-competitor complete Nage no Kata as Tori & Uke. | | |

Godan (Age 23 and above Non-competitor 10yrs. Competitor 5pts 6.5 yrs, 10pts 5yrs, 15pts 4yrs, 20 pts 3 yrs)

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|-----|--|---------|--|
| 111 | Demonstrate four Nage waza technique/Counters | ___ ___ | |
| 112 | Demonstrate four Osaekomi waza technique/Escapes | ___ ___ | |
- Competitor Kime no & Goshinjutsu as Tori & Uke. Non-competitor Kime no, Goshinjutsu, & Ju no as Tori & Uke
Examiner: _____

Rokudan Age 27 and above. Non competitor 12yrs. Competitor 5 pts 8yrs, 10pts 6yrs, 15pts 5yrs. 20pts 4yrs

- Terminology required for all the lower ranks
Increase proficiency in all lower ranks
Good understanding of all lower rank techniques and skill in teaching certification
Major levels of refereeing and judging (shiai or kata).
Additional Requirements:
1. Sharing of an historical and philosophic perspective of Judo. 2. Increased expertise in one or more areas. 3. Recognition by one's peers
4. Leadership in dojo, Yudanshakai, USJF and the community. 5. Direct participation in on-the-mat activities in uniform

Sandan (Age 19 Non-competitor 6 yrs, Competitor 5pts 4 yrs, 10pts 3yrs, 15pts, 20 pts 1.5 yrs)

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|-----|--|---------|----------------------------------|
| 88 | Hane-makikomi | _____ | (Springing outer winding) |
| 89 | Utsuri-goshi | _____ | (Hip shift throw) |
| 90 | Uki-otoshi | _____ | (Floating drop) |
| 91 | O-soto-guruma | _____ | (Major outer leg wheel) |
| 92 | Uki-waza | _____ | (Floating drop throw) |
| 93 | Osaekomi waza/Escape | ___ ___ | |
| 94 | Osaekomi waza/Escape | ___ ___ | |
| 95 | Osaekomi waza/Escape | ___ ___ | |
| 96 | Shime waza/Block | ___ ___ | |
| 97 | Shime waza/Block | ___ ___ | |
| 98 | Shime waza/Block | ___ ___ | |
| | Competitor Nage no Kata as Tori & Uke, Katame no Kata as Tori | | |
| | Non-competitor Nage no Kata as Tori & Uke, Kime no Kata or Ju no Kata as Tori | | |
| | Yondan (Age 21 and above. Non-competitor 8yrs, Competitor 5pt 5.5yrs, 10pts 4yrs, 15 pts 3 yrs, 20pts 2yrs) | | |
| 99 | Yoko-guruma | _____ | (Side wheel throw) |
| 100 | Ushiro-goshi | _____ | (Rear loin throw) |
| 101 | Ura-nage | _____ | (Rear throw) |
| 102 | Sumi-otoshi | _____ | (Corner drop throw) |
| 103 | Yoko-gake | _____ | (Side block) |
| 104 | Yoko-wakare | _____ | (Side separation) |
| 105 | Osaekomi waza/Escape | ___ ___ | |
| 106 | Osaekomi waza/Escape | ___ ___ | |
| 107 | Osaekomi waza/Escape | ___ ___ | |
| 108 | Shime waza/Block | ___ ___ | 112 Kansetsu waza/Escape ___ ___ |
| 109 | Shime waza/Block | ___ ___ | 113 Kansetsu waza/Escape ___ ___ |
| 110 | Shime waza/Block | ___ ___ | 114 Kansetsu waza/Escape ___ ___ |
- Competitor Kime no Kata or Goshinjutsu as Tori. Non-Competitor Ju no Kata as Tori & Uke

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|-----|--|--|--|
| 113 | Demonstrate four Shime waza technique/Blocks | | |
| 114 | Demonstrate four Kansetsu waza technique/Escapes | | |

Score: _____

- Non-competitor Ju no Kata and Itsutsu no Kata as Tori & Uke
Competitor Ju no Kata as Tori & Uke. Itsutsu no Kata as Tori
Log of refereeing experience since last promotion to be attached to their form 20
Log of Kata judging experience since last promotion to be attached to their form 20