



# 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 4-21**

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

Example: 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: 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

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***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

has not passed

*Certification by the Examiner(s):* I certify that the above named candidate  has passed the attached  
test 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

# 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**

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): \_\_\_\_\_

**Sankyu stop here**  
**Nikyu and up continue**

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: \_\_\_\_\_  
153. Slight superiority (contest call): \_\_\_\_\_  
154. Side of the dojo or tournament mat reserved for senior judoka or officials: \_\_\_\_\_  
155. Cross arm lock : \_\_\_\_\_  
156. Entangle: \_\_\_\_\_  
157. Formal forms of throwing: \_\_\_\_\_  
158. Formal forms of holding: \_\_\_\_\_  
159. Formal forms of gentleness: \_\_\_\_\_  
160. Formal forms of self-defense: \_\_\_\_\_  
161. Formal forms of decision: \_\_\_\_\_  
162. Ancient forms: \_\_\_\_\_  
163. Forms of five: \_\_\_\_\_  
164. Past master of judo (title traditionally applied only to Dr. Kano): \_\_\_\_\_

**Nikyu stop here**  
**Ikkyu and up continue**

165. Mutual benefit & welfare: \_\_\_\_\_  
166. Maximum efficiency: \_\_\_\_\_  
167. "Winner stays up" team contest: \_\_\_\_\_  
168. Man-for-man, or elimination tournament: \_\_\_\_\_

169. Methods of resuscitation used in judo: \_\_\_\_\_  
170. Illegal act of entwining the leg of an opponent: \_\_\_\_\_  
171. Contest area: \_\_\_\_\_  
172. Referee: \_\_\_\_\_  
173. To float or floating: \_\_\_\_\_  
174. Lift: \_\_\_\_\_  
175. Pull: \_\_\_\_\_  
176. Lift-pull action: \_\_\_\_\_  
177. Defense (to an attack): \_\_\_\_\_  
178. Escape (as from a pin): \_\_\_\_\_  
179. Entry methods into matwork: \_\_\_\_\_  
180. Body: \_\_\_\_\_  
181. Thigh: \_\_\_\_\_  
182. Rear, behind (as in throwing and pinning): \_\_\_\_\_  
183. Reverse side, back: \_\_\_\_\_  
184. Pivoting or turning the body: \_\_\_\_\_  
185. Single handed: \_\_\_\_\_  
186. Double handed: \_\_\_\_\_  
187. Both hands: \_\_\_\_\_  
188. Avoiding or evasive action: \_\_\_\_\_  
189. A little: \_\_\_\_\_  
190. Same side gripping (right vs right, left vs left): \_\_\_\_\_  
191. Opposite side gripping (right vs left): \_\_\_\_\_  
192. Pulling or locking hand (usually sleeve hand): \_\_\_\_\_  
193. Power or drawing hand (usually lapel hand): \_\_\_\_\_  
194. Red (used to differentiate players in a match): \_\_\_\_\_  
195. White (used to differentiate players in a match): \_\_\_\_\_  
196. Time! (referee's call): \_\_\_\_\_  
197. Decision or decisiveness (as in thinking fast): \_\_\_\_\_  
198. To drop: \_\_\_\_\_

**Ikkyu stop here**  
**Shodan and above stop here**

# 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.D. (tactical 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 - \_\_\_\_\_
- 9th Degree - \_\_\_\_\_
- 9th Degree - \_\_\_\_\_
- 10th Degree - \_\_\_\_\_

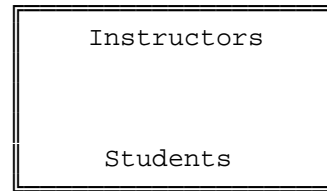
28. What are the four sides of the dojo called?

(Refer to diagram below)

1. \_\_\_\_\_ / \_\_\_\_\_
2. \_\_\_\_\_ / \_\_\_\_\_
3. \_\_\_\_\_ / \_\_\_\_\_
4. \_\_\_\_\_ / \_\_\_\_\_

(English) (Japanese)

Side 1



Side 4

Side 2

Side 3

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	65	65

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
0	0	1	2	3	4	6	8	12	16	20	30

### GOKYO-NO-WAZA

Five Stages of Technique

#### Dai-Ikkyo (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-Nikyo (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 TSURIKOMI ASHI	Sweeping Lift-Pull Foot	—	—	—
—	—	—	TOMOE NAGE	Circle Throw	—	—	—
—	—	—	KATA GURUMA	Shoulder Whirl	—	—	—

#### Dai-Yonkyo (set four)

—	—	—	SUMI GAESHI	Comer Reversal ~ I	—	—	—
—	—	—	TANI OTOSHI	Valley Drop'	—	—	—
—	—	—	HANE MAKI KOMI	Springing Body Wrap	—	—	—
—	—	—	SUKUINAGE	Scooping Throw	—	—	—
—	—	—	UTSURI GOSHI	Transfer Hip	—	—	—
—	—	—	OGURUMA	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	Comer Drop	—	—	—
—	—	—	YOKO GAKE	Side Dash	—	—	—

### SHINMESHO-NO-WAZA

Newly Certified Techniques  
Added to Kodokan Judo in 1982

—	—	—	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 MAKIKOMI	Major Outer Wrap Around
—	—	—	UCHI MATA MAKIKOMI	Inner Thigh Wrap Around
—	—	—	HARAI MAKIKOMI	Sweeping Wrap Around



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

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

Name: \_\_\_\_\_

Rank Testing for: \_\_\_\_\_

Score  
Selection

## MISC. THROWING SKILLS

### LIST 4-2

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

Demonstrate your personal attack system against the four corners of an opponent.

- |     |                              |     |                               |
|-----|------------------------------|-----|-------------------------------|
| — — | Opponent's left-front corner | — — | Opponent's right-front corner |
| — — | Opponent's left-rear corner  | — — | Opponent's right-rear corner  |

### LIST 4-3

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

Demonstrate your personal attack system as an opponent moves in the following directions

- |     |                                  |     |                                       |
|-----|----------------------------------|-----|---------------------------------------|
| — — | Opponent moves to your left      | — — | Opponent moves to your right          |
| — — | Opponent moves directly into you | — — | Opponent moves directly away from you |
| — — | Opponent circles you to the left | — — | Opponent circles you to the right     |

### LIST 4-4

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) _____ |

## RENWAKU WAZA Combination Techniques

### LIST 4-5

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.

- |     |   |     |                                   |
|-----|---|-----|-----------------------------------|
| — — | Forward throw #1 ➡ Pin                      | — — | Rear throw ➡ Pin #1 .             |
| — — | Forward throw #2 ➡ -Pin                     | — — | Rear throw ➡ Pin #2               |
| — — | Forward throw #3 ➡ Pin                      | — — | Rear throw ➡ Pin #3               |
| — — | 2-Knee SEONAGE ➡ Arm lock                   | — — | OUCHI GARI ➡ Forward throw        |
| — — | Forward throw #1 ➡ Arm lock                 | — — | SASAE TSURIKOMI ASHI ➡ OSOTO GARI |
| — — | Forward throw #2 ➡ Arm lock                 | — — | Forward throw ➡ Rear throw #1     |
| — — | Forward throw ➡ Opposite side forward throw | — — | Forward throw ➡ Rear throw #2     |
| — — | Sutemi waza ➡ Pin                           | — — | Forward throw ➡ Rear throw #3     |
| — — | Forward throw ➡ Forward throw #1            | — — | Combination of 3 throws #1        |
| — — | Forward throw ➡ Forward throw #2            | — — | Combination of 3 throws #2        |
| — — | Forward throw ➡ Forward throw #3            | — — | Combination of 3 throws #3        |

## RENWAKU WAZA (continued)

### Combination Techniques

#### LIST 4-6

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.

- |  |  |
|--|--|
| — — Your tokui waza ➡ Forward throw<br>— — Forward throw ➡ Your tokui waza<br>— — Any throw ➡ Sutemi Waza (#1) | — — Your tokui waza ➡ Rear throw<br>— — Rear throw ➡ Your tokui waza<br>— — Any throw ➡ Sutemi Waza (#2) |
|--|--|

#### LIST 4-7

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

Demonstrate the following attack combinations either right or left side.

- — Grip, break opponent's posture, move opponent, throw #1, pin, (opponent then escapes from hold)
- — Grip, break opponent's posture, move opponent, throw #2, pin, (opponent then escapes from hold)
- — Grip, break opponent's posture, move opponent, attack, counter attack (opponent), turn-out, turn-over  
And pin (opponent), escape from hold

## BOGYO

### Defense Against Throws

#### LIST 4-8

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

#### LIST 4-9

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 attack.

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

#### LIST 4-10

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 attack.

- |   |   |
|---|---|
| — — Defense against KOSHI GURUMA<br>— — Turn-out against OUCHI GARI<br>— — Defense against OKURI ASHI HARAI | — — Defense against HARAI GOSHI<br>— — Defense against JUJI GATAME<br>— — Defense against UCHI MATA |
|---|---|

Name: \_\_\_\_\_

Rank Testing for: \_\_\_\_\_

## KAESHI-NO-WAZA

### Counter Throw Techniques

Score  
Selection

#### LIST 4-11

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:

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

## KUMI KATA

### Gripping Forms

#### LIST 4-12

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 4-13

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> |
|--|--|

Name: \_\_\_\_\_ Rank Testing for: \_\_\_\_\_

## KATAME WAZA Grappling Techniques

Score  
Selection

## OSAEKOMI WAZA Holding Techniques

### LIST 4-14

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	— —	YOKOSHIHO GATAME	Side Hold
— —	KUZURE KESA GATAME	Variant Scarf Hold	— —	KUZURE YOKOSHIHO GATAME	Variant Side Hold
— —	MAKURA KESA GATAME	Pillow Scarf Hold	— —	TATESHIHO GATAME	Straddling Hold
— —	USHIRO KESA GATAME	Reverse Scarf Hold	— —	KAMISHIHO GATAME	Upper 4-Corner Hold
— —	KATA GATAME	Shoulder Hold	— —	KUZURE KAMISHIHO GATAME	Variant Upper 4-Corner Hold
— —	UKI GATAME	Floating Hold	— —	SANKAKUGATAME	Triangular Hold

## SHIME WAZA Strangulation Techniques

### LIST 4-15

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 d	— —	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 4-16

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

Name: \_\_\_\_\_

Rank Testing for: \_\_\_\_\_

Score  
Selection

# HAIRI WAZA

## Entry Techniques into Matwork

### LIST 4-17

## 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
- — JUJI-GATAME with somersault
- — Half-Nelson push over from head side
- — Half-Nelson push over from side
- — Figure-4 with head walk-around
- — Figure-4 with sit-thru
- — Elbow & knee pull
- — SANKAKU pull-over entry
- — Other
- — Other
- — Other
- — Other

### LIST 4-18

## 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

- — UKIWAZA from head & shoulder attack
- — 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
- — UDE GARAMI from head attack & arm in armpit attack
- — MAKI KOMI from head attack & arm in armpit attack
- — LEG HOOK/SEONAGE from bach dojime & choke attack
- — MAKI KOMI/USHIRO KESA GATAME from side & opposite armpit attack
- — WAKI GATAME from side & opposite armpit attack
- — Other
- — Other
- — Other

### LIST 4-19

## 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
- — Double belt pull (w/ bottom trap & keylock)
- — Double belt pull (w/ knee over trap )
- — Summersault 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
- — Fake choke, cradle (uke tries JVJI GATAME)
- — Legs together to sleeve choke
- — Other
- — Other
- — Other

### LIST 4-20

## 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

- — SANKAKU JIME entry
- — UDE GARAMI
- — Turn over to TATESHIHOGATAME
- — JUJI GATAME
- — Ankle trap / tomoe from leg over attempt
- — SUMI GAESHI w / knee push
- — SUMI GAESHI w / uki waza
- — HIZA GATAME w / knee push
- — Cross choke w / head under arm
- — Cross choke w / back grab
- — Other
- — Other
- — Other

# FUSEGI

## Escapes from Matwork Attacks

Score  
—  
Selection  
—

### LIST 4-21

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 4-22

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 Yokoshiho Gatame.

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

### LIST 4-23

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 Kamishiho Gatame.

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

### LIST 4-24

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
- — Legs-over escape from KATA GATAME
- — Leg out escape from TATESHIHO GATAME
- — Defense/ escape against JUJI GATAME

Rank Testing for: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_ Rank Testing for: \_\_\_\_\_

## FREE AN ENTANGLED LEG (IN NEWAZA)

Score  
Selection

### List 4-25

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

- — Key lock and pry the leg free.
- — Bear hug the head and one arm, and pry the leg free.
- — Cross hand strangle (nami juji jime, gyaku juji jime, kata juji jime) against an entangled leg.
- — Other
- — Other
- — Other

## MISCELLANOUS

### LIST 4-26

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
8	13	15	17	18	18	18	18	18	18	19	20

- |   |   |
|---|---|
| — — ZEMPO KAITEN UKEMI Front rolling fall | — — AYUME ASHI Normal walking               |
| — — MA UKEMI Back fall                    | — — SHIZEN HONTAI Basic natural posture     |
| — — ZA REI Kneeling bow                   | — — JIGO HONTAI Basic defensive posture     |
| — — RITSU REI Standing bow                | — — TSUGI ASHI Following foot walking       |
| — — SEIZA Sitting on knees and feet       | — — MAE UKEMI Front fall                    |
| — — ANZA Sitting crossed-legged           | — — MIGI/HIDARI SABAKI 90° right/left turns |
| — — Proper tying of belt                  | — — MAWARE 180° turns                       |
| — — RANDORI Free practice                 | — — KYOSHI High kneeling                    |
| — — Elbow roll                            | — — KAPPO Resuscitation                     |
| — — Round-off Techniques                  | — — ATEMI-WAZA Striking Techniques          |

## KATA

### Prearranged Forms

### LIST 4-27

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

Demonstrate the following Kodokan Judo kata.

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1. Nage-No-Kata                  | Forms of throwing                     |
| 2. Katame-No-Kata                | Forms of grappling                    |
| 3. Ju-No-Kata                    | Forms of gentleness                   |
| 4. Kime-No-Kata                  | Forms of decision                     |
| 5. Goshinjitsu-No-Kata           | Forms of self-defense                 |
| 6. Joshi Goshin-Ho               | Women's forms of self-defense         |
| 7. Itsutsu-No-Kata               | Forms of five                         |
| 8. Koshiki-No-Kata               | Antique forms                         |
| 9. Seiryoku-Zenyo-Kokumin-Taiiku | Maximum efficiency physical education |

## TEACHING EXPERTISE

### LIST 4-28

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

1. Teach the requirements through shodan.
2. Teach the requirements through sandan.
3. Teach the requirements through godan (requirement for master examiners).



# EXAM SCORES

	RANK											
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
<u>Vocabulary Score</u>												
Vocabulary Passing Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%
<u>General Info. Score</u>												
General Passing Info. Score	65%	65%	65%	70%	70%	70%	75%	75%	75%	75%	75%	80%
LIST 4 - 1 (a+b)												
LIST 4 - 2												
LIST 4 - 3												
LIST 4 - 4												
LIST 4 - 5												
LIST 4 - 6												
LIST 4 - 7												
LIST 4 - 8												
LIST 4 - 9												
LIST 4 - 10												
LIST 4 - 11												
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LIST 4 - 26												
LIST 4 - 27												
LIST 4 - 28												
<u>TOTAL SCORE FOR DEMONSTRATION</u>												
Minimum Total Passing Score for Demonstration Portion	46.5	100.5	196	260	312	362	522.5	595	655	858	930	1144.5
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
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+