



Shufu Yudanshakai
United States Judo
Federation
Senior Promotional
Score Sheet

Candidate Name

Dojo/Club

USJF #

Date

Current Rank	Time in grade	Weight	A B C D E N/C	Male / Female
			Competition Level (circle one)	
Recommended Rank	Age	Date of birth	Recommended by:	(circle one)

Summary of Scores

Promo. Points	Kata Scores	Y / N	Nage Waza	Shime Waza	Renraku Waza	Shiai Wins
Written Exam	Basics		Osae Waza	Kaeshi Waza	Kansetsu Waza	Shiai Losses

Basic Elements

Ukemi Waza	Migi	Hidari	Kumikata and Kuzushi	Migi	Hidari
Ushiro ukemi (rear breakfall)			Kumikata (gripping)		
Yoko ukemi (side breakfall)			Happo no kuzushi (8 directions of kuzushi)		
Zenpo kaiten-stay down (rolling breakfall)			Shintai (directional movement)		
Zenpo kaiten - to standing,			Ayumi ashi (natural walking)		
Mae ukemi (front breakfall)			Tsugi ashi (follow foot)		
Shisei (posture)			Tai Sabaki (turning movement)		
Shizenhontai (basic natural posture)			180 deg. turn (1 movement)		
Shizentai (natural posture)			180 deg. turn (2 movements)		
Jigohontai (basic defensive posture)			Mae 90 deg. turn		
Jigotai (defensive posture)			Ushiro 90 deg. turn		

Katame Waza Testing Requirements

Osae Komi Waza (holding techniques)	Score
5K Kesa gatame (scarf hold)	
5K Kata gatame (shoulder hold)	
5K Kami shiho gatame (upper 4 corner hold)	
5K Yoko shiho gatame (side locking 4 corner hold)	
4K Kuzure kami shiho gatame (variation upper 4 cor.)	
4K Kuzure kesa gatame (variation winding scarf)	
3K Tate shiho gatame (straight locking 4 cor.)	

Osae Komi Waza Requirements									
5K	4K	3K	2K	1K	1D	2D	3D	4D	
2	3	4	6	6	6	6	6	6	6

- The candidate
- will demonstrate the required number of osae waza for each rank,
 - and may select according to minimum rank requirements as listed.

Shime Waza (choking techniques)
Nami juji jime (normal cross choke)
Kata juji jime (single cross choke)
Gyaku juji jime (reverse cross choke)
Hadaka jime (naked choke)
Okuri eri jime (sliding collar choke)
Kata ha jime (single wing choke)
Kata te jime (single hand choke)
Ryo te jime (two hand choke)
Sode guruma jime (sleeve wheel choke)
Tsukkomi jime (thrust choke)
Sankaku jime (triangular choke)

Shime Waza Requirements									
	5K	4K	3K	2K	1K	1D	2D	3D	4D
Mae-Front	1	2	3	4	5	5	5	5	5
Ushiro-Rear		2	3	4	5	5	5	5	5

- The candidate
- will demonstrate the required number of mae and ushiro shime waza for each rank, i.e.: for 2K, 4 mae + 4 ushiro = 8 waza,
 - and may select from any of the waza listed.

Kansetsu Waza (Armlock techniques)
Ude hishigi ashi gatame (leg armlock)
Ude hishigi hara gatame (stomach armlock)
Ude hishigi hiza gatame (knee armlock)
Ude hishigi juji gatame (cross armlock)
Ude hishigi te gatame (hand armlock)
Ude hishigi waki gatame (armpit armlock)
Ude hishigi ude gatame (arm armlock)
Ude hishigi sankaku gatame (triangular armlock)
Ude garami (arm lock)

Kansetsu Waza Requirements									
5K	4K	3K	2K	1K	1D	2D	3D	4D	
1	2	3	4	5	5	5	5	5	5

- The candidate
- will demonstrate the required number of kansetsu waza for each rank,
 - and may select from any of the waza listed.

Nage Waza Testing Requirements

Go Kyo no Waza Requirements								
5K	4K	3K	2K	1K	1D	2D	3D	4D
4	8	12	16	20	20	20	20	20

The candidate will demonstrate four waza from each set required for the rank being tested, i.e.: 1K must know all 5 sets, & must perform 4 waza from each set = 20 waza.

For dan rank teaching demonstrations, circle the teaching score.

Renraku Waza Requirements (combinations)								
5K	4K	3K	2K	1K	1D	2D	3D	4D
0	2	3	3	4	4	4	4	4

Kaeshi Waza Requirements (counters)								
5K	4K	3K	2K	1K	1D	2D	3D	4D
0	0	2	3	4	4	4	4	4

Go Kyo no Waza	Score
Dai Ik-kyo	
De ashi harai (one ankle throw)	
Hiza guruma (knee wheel)	
Sasae tsuri komi ashi (advancing ankle prop)	
Uki goshi (floating hip)	
O soto gari (major outer reap)	
O goshi (major hip)	
O uchi gari (major inner reap)	
Seioi nage (shoulder throw)	
Dai Ni-kyo	
Ko soto gari (minor outer reap)	
Ko uchi gari (minor inner sweeping)	
Koshi guruma (hip wheel)	
Tsuri komi goshi (drawing hip)	
Okuri ashi harai (double ankle sweep)	
Tai otoshi (body drop)	
Harai goshi (sweeping hip)	
Uchimata (inner thigh)	
Dai San-kyo	
Ko soto gake (minor outer hook)	
Tsuri goshi (lifting hip throw)	
Yoko otoshi (side drop)	
Ashi guruma (ankle wheel)	
Hane goshi (spring hip)	
Harai tsuri komi ashi (lift pull foot sweep)	
Tomoe nage (circle throw)	
Kata guruma (shoulder wheel)	
Dai Yonkyo	
Sumi gaeshi (corner throw)	
Tani otoshi (valley drop)	
Hane maki komi (springing wraparound)	
Sukui nage (scooping throw)	
Utsuri goshi (hip shift)	
O guruma (large wheel)	
Soto maki komi (outer wraparound)	
Uki otoshi (floating drop)	
Dai Gokyo	
O soto guruma (large outer wheel)	
Uki waza (floating throw)	
Yoko wakare (side separation)	
Yoko guruma (side wheel)	
Ushiro goshi (back hip)	
Ura nage (back throw)	
Sumi otoshi (corner drop)	
Yoko gake (side body drop)	

Renraku Waza	Score
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1.

2.

3.

4.

Kaeshi Waza

1.

2.

3.

4.

Notes, (e.g. time in grade reductions, kata scores, certifications, etc.):

Examiner

Rank