



Shufu Yudanshakai United States Judo Federation

Junior Promotional Score Sheet

Candidate Name

Dojo/Club

USJF #

Date

Current Rank

Recommended Rank

Time in Grade

Date of Birth / Age

Recommended By

Summary of Scores

Basics	Nage Waza	Oseakomi Waza	Shime Waza	Kansetsu Waza	Kata
--------	-----------	---------------	------------	---------------	------

Ranks

Rokkyu (Juichkyu)	Gokyu (Kyukyu)	Yonkyu (Nankyu)	Sankyu (Gokyu)	Nikyu (Sankyu)	Ikkyu
11 kyu White	9 kyu Yellow	7 kyu Orange	5 kyu Green	3 kyu Blue	1 kyu Purple
AdvRokkyu (Jukyū)	AdvGokyu (Hachikyu)	AdvYonkyu (Rokkyu)	AdvSankyu (Yonkyu)	AdvNikyu (Nikyu)	Shodan
10 kyu White/yellow	8 kyu Yellow/Orange	6 kyu Orange/Green	4 kyu Green/Blue	2 kyu Blue/Purple	1 dan Black

Requirements (all requirements are cumulative. Know rank requirements and all previous requirements)

Kyu	Basics: Demonstration Elements	Score	Kyu	Basics: Definitions	Score
A-Wh	Good Moral Character		A-Wh	Sensei (teacher)	
A-Wh	Ushiro ukemi (rear breakfall)		A-Wh	Ukemi (breakfall)	
A-Wh	Mae ukemi (front breakfall)		A-Wh	Judo gi (judo uniform), Obi (belt)	
A-Wh	Yoko ukemi (side breakfall) (migi / hidari)		A-Wh	Where Was judo Started (Japan)	
A-Wh	Zenpo kaiten – forward roll, stay down (migi / hidari)		A-Wh	Judo Definition (gentle way)	
A-Wh	Zenpo kaiten – forward roll, standing (migi / hidari)		A-Wh	Founder of Judo (Dr. Jigaro Kano)	
A-Wh	Seiza (formal sitting position)		A-Wh	Migi (right) Hidari (left) Mae (front) Ushiro (rear)	
A-Wh	Rei (bow): Za rei (kneeling), Ritzu rei (standing)		A-Wh	Dojo (place of practice)	
A-Wh	Tie the obi		A-Wh	Tandoku Renshu (shadow judo)	
A-Wh	Count to 10 in Japanese		Yel	Judogi: Uwagi (jacket), Shitagi (pants),	
A-Wh	Shisei (posture) (natural / defensive)		Yel	Judogi: Obi (belt), Zori (slippers)	
Yel	Shisei: Shizenhontai (natural posture) (migi / hidari)		Yel	City where judo was founded (Tokyo, Japan)	
Yel	Shisei: Jigohontai (defensive posture) (migi / hidari)		Yel	Year of founding (1882)	
Yel	Shintai: Suri ashi (sliding footwork)		Yel	Name of first judo school (Kodokan)	
Yel	Shintai: Ayumi ashi (natural walking) (migi / hidari)		Yel	O (big), gari (reap/sweep), goshi (hip)	
Yel	Shintai: Tsugi ashi (follow foot), (migi / hidari / yoko)		Yel	Tori (thrower) Uke (throwee / being thrown)	
Yel	Tai sabaki: 180 deg. turn (1 & 2 movements)		Yel	Kuzushi (off balancing your opponent)	
Yel	Tai sabaki: 90 deg. turn (migi & hidari)		Yel	Tsukuri (fitting into a throw / setting up)	
A-Yel	Ebi (shrimp), Ebi Oyogi (shrinking), reverse Ebi		Yel	Kake (completing throw / execution)	
A-Yel	Kata Nuki (without form)		Yel	Uchikomi (fits/repetitions)	
A-Yel	Kumi kata (gripping) (migi / hidari)		A-Yel	Shintai (directional movement)	
A-Yel	Fukuga Zenshin (whole body facedown (newaza))		A-Yel	Tai sabaki (turning movement)	
A-Gr	Assist teaching		A-Yel	Shesei (posture)	
Blu	Nage No Kata (non-competitor / competitor)		A-Yel	Uchi (inner), Shio (4 corners/table)	
Blu	Contribute to yudanshakai / state org (local events)		A-Yel	Nage (throwing), Ne (ground), Waza (technique)	
Black	Teach		A-Yel	Shiai (competition)	
			A-Yel	Waza: Koshi (hip), Ashi (foot), Te (hand)	
			Org	Soto (outer), Ko (minor), Hiza (knee)	
			Org	Mae (front), Ushiro (rear), Yoko (side)	
			Org	Shiai jo (place of competition)	
			Org	Sutemi (sacrifice), Kaeshi (counter), Tachi (standing)	
			Gr	Kiotsuke (attention)	
			Gr	Randori (free exercise/sparing)	
			A-Gr	Shime Waza (choking techniques/strangling)	
			A-Gr	Kansetsu Waza (arm lock techniques)	
			A-Gr	Jita Kyoei (Mutual Welfare & Benefit)	
			A-Gr	Seiryoku Zen Yo (Max. Efficiency/Minimum Effort)	
			Blu	Tokui Waza (favorite technique)	
			BLACK	Shufu (capital), Yudanshakai (black belt assoc.)	

Kata (forms)	
Blu	Kata: Comp: 1 sets (uke) Non: 1 sets (uke)
A-Blu	Kata: Comp: 2 sets (uke) Non: 2 sets (uke)
Pur	Kata: Comp: 3 sets (uke) Non: 3 sets (uke)
Black	Kata: Comp: 5 sets (uke) Non: 5 sets (tori)

Kyu	Nage Waza (Throwing Techniques)	Score	Kyu	Oseakomi Waza (Holding Techniques)	Score
A-Wh	3 parts (off balance, entry, finish)		A-Wh	All-Hon (regular), Kazuri (modified)	
A-Wh	O goshi (major hip)		A-Wh	Kesa gatame (scarf hold), Kazuri (modified)	
A-Wh	Uki goshi (floating hip)		A-Wh	Yoko shiho gatame (side four corner), Kazuri (modified)	
Yel	Koshi guruma (hip wheel)		A-Wh	Escape and turn over to Kesa gatame & Yoko shiho gatame	
Yel	O uchi gari (major inner reap)		Yel	Kami shiho gatame (upper 4 corner), escape	
Yel	Ippon seoi nage (shoulder throw)		Yel	Kazuri Kami shiho (modified upper 4 corner), escape	
A-Yel	Morote seoi nage (shoulder throw)		Yel	Turn over from flat & all fours	
A-Yel	De ashi harai (one ankle throw)		A-Yel	Tate shiho gatame (long ways 4 corner), escape	
A-Yel	Renraku Waza (combination techniques)		Org	Ushiro kesa gatame (reverse scarf hold), escape	
Org	O soto gari (major outer reap)		Org	Ura gatame (back hold), escape	
Org	Tai otoshi (body drop)		A-Org	Kata gatame (shoulder hold), escape	
Org	Hiza guruma (knee wheel)		Gr	Sankaku gatame (leg figure 4 hold), escape	
Org	Ko uchi gari (minor inner reap)		A-Gr	Transition Tachiwaza to Newaza	
Org	Harai goshi (sweeping hip)		Pur	Sankaku gatame leg extraction from scissors	
Org	Renraku Waza (combination techniques)		Black	Hikkomi gaeshi (pulling down reverse roll)	
Org	Kaeshi Waza (counter technique)		Black	Makura (pillow) kesa gatame	
A-Org	Ko soto gari (minor outer reap)		Shime Waza (Choking Techniques) 12yo		
A-Org	O soto gaeshi (major outer reap counter)		A-Gr	Hadaka jime (naked strangle choke)	
A-Org	O uchi gaeshi (major inner reap counter)		A-Gr	Okuri eri jime (sliding collar choke)	
A-Org	Ko uchi makakomi (minor inner reap)		A-Gr	Nami juji jime (normal cross choke)	
A-Org	Hane goshi (spring hip)		Blu	Gyaku juji jime (reverse cross choke)	
A-Org	2 Renraku Waza + 2 Kaeshi Waza		Blu	Sankaku juji jime (triangle choke)	
Gr	Uchimata (inner thigh)		A-Blu	Marote jime (2 hand choke)	
Gr	Okuri ashi harai (double ankle sweep)		A-Blu	Sode garuma jime (sleeve choke)	
Gr	Tsuri komi goshi (drawing hip)		Pur	Kata juji jime (half cross choke)	
Gr	Sode tsuri komi goshi (sleeve drawing hip)		Pur	Kata ha jime (single wing choke)	
Gr	Opposite Side Throw		Black	Tsukomi jime (punching choke)	
A-Gr	Sasae tsurikomi ashi (advancing ankle prop)		Black	Ryote jime (2 hand choke)	
A-Gr	Uchimata sukashi (inner thigh defense)		Black	Jigoku jime (hell strangle)	
Blu	Kata guruma (shoulder wheel)		Black	Katate jime (1 hand choke)	
Blu	Tsubame gaeshi (flight of the swallow)		Kansetsu Waza (Arm Lock Techniques) 14yo		
Blu	Uke otoshi (side drop)		A-Gr	Ude-Hishigi-Juji-gatame (cross lock)	
Blu	Demonstrate and Teach		A-Gr	Ude-Hishigi-Ude-gatami (arm lock)	
A-Blu	Soto makakomi (throwing techniques)		A-Gr	Ude-garami (entangled arm lock)	
A-Blu	Sumi gaeshi (corner throw)		Blu	Ude-Hishigi Hiza-gatame (knee lock)	
A-Blu	Demonstrate and Teach		Blu	Ude-Hishigi Waki-gatame (arm pit lock)	
Pur	Tomoe nage (circle throw)		A-Blu	Ude-Hishigi Hara-gatame (stomach lock)	
Pur	Ashi garuma (foot wheel)		A-Blu	Ude-Hishigi Ashi-gatame (leg lock)	
Pur	Demonstrate and Teach Judo		Pur	Ude-Hishigi Te-gatame (hand lock)	
Black	Utsuri goshi (circle throw)		Pur	Ude-Hishigi Sankaku-gatame (triangular lock)	
Black	Ushiro goshi (lifting hip)		Referee / Tournaments		
Black	Uki waza (shoulder wheel)		A-Wh	Rei (bowing)	
Black	O guruma (ankle wheel)		A-Wh	Hajime (begin), Matte (stop)	
Black	Ouchi gaeshi (ouchi gari counter)		Yel	Osaekomi (pin in progress), Toketa (pin broken)	
Black	Kouchi gaeshi (kouchi gari counter)		Yel	Ippon (full point), Wazari (<Ippon)	
Black	O soto gaeshi (osoto gari counter)		Yel	Shido (minor penalty) / Hansukomake (major penalty)	
Black	Kosoto gake (minor outside hook)		A-Yel	Wazari awasate Ippon (Ippon via 2 wazaris)	
Black	Yoko otoshi (side drop)		A-Yel	Sonomama (freeze), Yoshi (continue)	
Black	Harai goshi gaeshi (harai goshi counter)		A-Yel	Osaekomi Ippon (20 seconds), Osaekomi Wazari (10 sec.)	
Black	Uchimata gaeshi (uchimata counter)		Org	On the Mat (current match), On Deck (next match)	
Black	Hane goshi gaeshi (hane goshi counter)		Org	In The Hole (following match / staged match)	
Black	O tsuri goshi (major lifting hip)		Org	2 penalty examples	
Black	Ko tsuri goshi (minor lifting hip)		A-Org	Referee (judge), Coach (competition sensei), Spectator (fan)	
Black	Harai tsuri komi ashi (lift pull foot sweep)		Gr	Golden Score (tie in regulation forcing overtime)	
Black	Marote gari (2 hand reap / double knee pick)		Gr	Referee for competition (dojo or shiaiyo)	
Black	Kuchiki taoshi (one hand drop / knee pick)		A-Gr	Scoring for competition (dojo or shiaiyo)	
Black	Kibisu gaeshi (heel trip / ankle pick)		Blu	Hiki Waki (draw)	
Black	Hikkomi gaeshi (pulling down reverse roll)		A-Blu	Referee or score in a team competition (dojo or shiaiyo)	
Black	Renraku (combo):		Pur	Referee or score in a competition (shiaiyo)	
Black	Renraku (combo):				
Black	Renraku (combo):				
Black	Kaeshi (counter):				
Black	Kaeshi (counter):				
		Examiner	Rank		