



# Shufu Yudanshakai United States Judo Federation

## Junior Promotional Score Sheet

Candidate Name \_\_\_\_\_

Dojo/Club \_\_\_\_\_

USJF # \_\_\_\_\_

Date \_\_\_\_\_

Male  
/  
Female

(circle one)

Current Rank \_\_\_\_\_ Time in grade \_\_\_\_\_ Weight \_\_\_\_\_

Recommended Rank \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_ Recommended by: \_\_\_\_\_

### Summary of Scores

Basics	Oseakomi Waza	Kansetsu Waza	Written Exam	Shiai Wins
Nage Waza	Shime Waza	Renraku Waza	Kaeshi Waza	Shiai Losses

### Ranks

Rokkyu / Adv.Rokkyu		Gokyu / Adv. Gokyu		Yonkyu / Adv. Yonkyu		Sankyu/Adv.Sankyu		Nikyu / Adv. Nikyu		Ikyu/Adv.Ikyu	
6	White	5	Yellow	4	Orange	3	Green	2	Blue	1	Purple
A6	White/yellow	A5	Yellow/Orange	A4	Orange/Green	A3	Green/Blue	A2	Blue/Purple		

### Requirements

Kyu	Basics: Demonstration Elements	Score
A6	Ushiro ukemi (rear breakfall)	
A6	Yoko Migi ukemi (side right breakfall)	
A6	Yoko Hidari ukemi (side left breakfall)	
A6	Migi Zenpo kaiten-stay down	
A6	Hidari Zenpo kaiten - stay down	
A6	Migi Zenpo kaiten - to standing	
A6	Hidari Zenpo kaiten - to standing	
A6	Seiza (formal sitting position)	
5	Zarei (kneeling bow)	
5	Ritzurei (standing bow)	
5	Tie the obi	
5	Shisei: Shizenhontai (basic natural posture)	
5	Shisei: Migi shizentai (rt. natural posture)	
5	Shisei: Hidari shizentai (left natural posture)	
5	Shisei: Jigohontai (basic defensive posture)	
5	Shisei: Migi jigotai (right defensive posture)	
5	Shisei: Hidari jigotai (left def. posture)	
5	Shintai: Ayumi ashi (natural walking)	
5	Tai sabaki: 180 deg. turn (1 movement)	
5	Tai sabaki: 180 deg. turn (2 movements)	
A5	Mae ukemi (front breakfall)	
A5	Shintai: Tsugi ashi (follow foot)	
A5	Tai sabaki: Mae 90 deg. turn (Migi & Hidari)	
A5	Tai sabaki: Ushiro 90 deg. turn (Migi & Hidari)	
A5	Kumikata (gripping)	
4	Happo no kuzushi (8 directions of kuzushi)	

Kyu	Basics: Definitions	Score
A6	Sensei (teacher)	
A6	Judo gi (judo uniform)	
A6	Uwagi (jacket)	
A6	Shitagi (pants)	
A6	Obi (belt)	
A6	Zori (slippers)_	
5	Migi & Hidari (right & left)	
5	Mae & Ushiro (front & rear/reverse)	
5	Founder of Judo (Dr. Jigaro Kano)	
5	Year of founding (1882)	
5	Name of first judo school (Kodokan)	
A5	Shisei (posture)	
A5	Shintai (directional movement)	
A5	Tai sabaki (turning movement)	
4	Kuzushi (off balancing your opponent)	
4	Tsukuri (fitting into a throw)	
4	Kake (completing throw)	
A4	Nage Waza (throwing techniques)	
A4	Osaekomi Waza (holding techniques)	
A4	Tachi Waza (standing techniques)	
A4	Ne Waza (mat techniques)	
3	Shufu (capital)	
3	Yudanshakai (black belt association)	
3	Judo (gentle way)	
A3	Uchikomi (fits/repetitions)	
A3	Randori (free exercise/sparing)	
2	Shiai (competition)	
2	Kata (forms)	
A2	Seiryoku Zen Yo (Maximum Efficiency with Minimum Effort)	
A2	Jita Kyoei (Mutual Welfare & Benefit)	
1	Difference between Sensei & Coach	

Candidate Name

Kyu	Nage Waza	Score
<b>Dai Ik-kyo</b>		
A6	O goshi (major hip)	
5	O soto gari (major outer reap)	
5	Ippon seioi nage (shoulder throw)	
A5	De ashi harai (one ankle throw)	
A5	O uchi gari (major inner reap)	
4	Sasae tsuri komi ashi (advancing ankle prop)	
4	Uki goshi (floating hip)	
4	Hiza guruma (knee wheel)	
A4	Morote seioi nage (shoulder throw)	
<b>Dai Ni-kyo</b>		
A4	Tai otoshi (body drop)	
A4	Koshi guruma (hip wheel)	
3	Harai goshi (sweeping hip)	
3	Ko uchi gari (minor inner reap)	
3	Okuri ashi harai (double ankle sweep)	
A3	Ko soto gari (minor outer reap)	
A3	Tsuri komi goshi (drawing hip)	
A3	Uchimata (inner thigh)	
<b>Dai San-kyo</b>		
2	Tomoe nage (circle throw)	
2	Hane goshi (spring hip)	
2	Ko soto gake (minor outer hook)	
A2	Kata guruma (shoulder wheel)	
A2	Tsuri goshi (lifting hip throw)	
A2	Ashi guruma (ankle wheel)	
1	Harai tsuri komi ashi (lift pull foot sweep)	
1	Yoko otoshi (side drop)	
Any	Other:	
Any	Other:	
<b>Renraku Waza (combinations)</b>		
A3		
A2		
1		
<b>Kaeshi Waza (counters)</b>		
2		
A2		
1		
<b>Kansetsu Waza (armlocks)</b>		
1		
1		
1		

Kyu	Osaekomi Waza	Score
A6	Kesa gatame (scarf hold)	
5	Yoko shiho gatame (side four corner hold)	
A5	Kami shiho gatame (upper four corner hold)	
4	Kata gatame (shoulder hold)	
A4	Kuzure kesa gatame (modified scarf hold)	
3	Kuzure yoko shiho gatame	
3	Kuzure kami shiho gatame	
A3	Tate shiho gatame (longways four corner hold)	
2	Kuzure tate shiho gatame	
<b>Shime Waza</b>		
A3	Nami juji jime (normal cross choke)	
A3	Okuri eri jime (sliding collar choke)	
2	Kata juji jime (half cross choke)	
2	Kata ha jime (single wing choke)	
A2	Gyaku juji jime (reverse cross choke)	
A2	Hadaka jime (naked strangle choke)	
Other:		
Other:		
Other:		
<b>Basics: Referee Commands</b>		
A6	Hajime (begin)	
A6	Matte (stop)	
5	Osaekomi (pin in progress)	
5	Toketa (pin is broken)	
5	Ippon (score full point)	
5	Wazari (score > yuko, but < Ippon; 1/2 pt)	
5	Yuko (score < wazari)	
A5	Soremade (match is over)	
A5	Sonomama (freeze)	
A5	Yoshi (continue)	
4	Shido (minor penalty)	
4	Hansoku Make (major violation of rules ending match)	
A4	Hikiwaki (draw)	
A4	Wazari Awasete Ippon (1/2 pt plus 1/2 pt = ippon)	
3	Name 3 Shido violations	
A3	Hantei (call for judges decision)	
A3	Maitta (submit/give up)	
2	Sogo Gachi (compound win)	
2	Yusei Gachi (win by judge's decision)	
A2	Fusen Gachi (win by default)	
A2	Kiken Gachi (win by withdrawal)	

Examiner

Rank