



Shufu Yudanshakai  
United States Judo Federation  
Promotional  
Score Sheet

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

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

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

Date \_\_\_\_\_

Current Rank \_\_\_\_\_ Time in grade \_\_\_\_\_ **A B C D or NC** \_\_\_\_\_ Male or Female \_\_\_\_\_  
Competition Level (circle one) (Circle One)

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

Summary of Scores

Written Exam		Nage-waza		Combinations		Counters	
General Requirements		Osaekomi-waza		Shime-waza		Kansetsu-waza	

General Requirements

Rank	Vocabulary	Score
5K	Judo etiquette	
5K	Basic judo hygiene	
5K	Kuzushi	
5K	Tsukuri	
5K	Kake	
4K	Difference between Judo and Ju-Jitsu	
4K	Seiryoku Zenyo (Max Effic, Min Effort)	
3K	Name, color & order of kyu ranks	
3K	Purpose of "Kata" and "Randori"	
3K	Jita Kyohei (Mutual Welfare and Benefit)	
Rank	Basics	Score
5K	Correct form of sitting	
5K	Correct form of kneeling	
5K	Correct form of standing	

Rank	Basics (Continued)	Score
5K	Kumikata	
5K	Shizen-hontai	
5K	Migi-shizentai	
5K	Hidari-shizentai	
5K	Jigo-hontai	
5K	Migi jigotai	
5K	Hidari jigotai	
5K	Ayumi-ashi	
5K	Suri-ashi	
5K	Tsugi-ashi	
5K	Tai-sabaki	
5K	Ukemi	
5K	Hapo no kuzushi	

Nage-waza Testing Requirements

Rank	Nage-waza (Spot check previous rank req's)	Score (R/L)
5K	O-soto-gari	
5K	O-goshi	
5K	Deashi-harai	
5K	Ippon-seoi-nage	
5K	Uki-goshi	
4K	Sasae-tsuri-komi-ashi	
4K	Hiza-guruma	
4K	O-uchi-gari	
4K	Ko-uchi-gari	
4K	Morote-seoi-nage	
4K	O-soto-gaeshi (effective spring '21)	
3K	Ko-soto-gari	
3K	Tsuri-komi-goshi	
3K	Sode-tsuri-komi-goshi	
3K	Harai-goshi	
3K	Okuri-ashi-barai	
3K	Ko-uchi-gaeshi (effective spring '21)	
2K	Koshi-guruma	
2K	Tai-otoshi	

Rank	Nage-waza (Continued) (Spot check previous rank req's)	Score (R/L)
2K	Uchimata	
2K	Tomoe-nage	
2K	Tsubame-gaeshi (effective spring'21)	
2K	O-uchi-gaeshi (effective spring '21)	
2K	Harai-goshi-gaeshi (spring '21)	
2K	One opposite side throw (spring '21)	(Enter score above)
1K	Ko-soto-gake	
1K	Kata-guruma	
1K	Hane-goshi	
1K	Uchimata-sukashi (spring '21)	
1K	Uchimata-gaeshi (spring '21)	
1K	Hane-goshi-gaeshi (spring '21)	
1K	2 opposite side throws (spring '21)	(Enter score above)
1D	Yoko-otoshi	
1D	Ashi-guruma	
1D	O-tsuri-goshi	
1D	Ko-tsuri-goshi	
1D	Harai-tsuri-komi-ashi	
1D	Morote-gari (effective spring '21)	

Rank	Nage-waza (Continued) (Spot check previous rank req's)	Score (R/L)	Rank	Nage-waza (Spot check previous rank req's)	Score (R/L)
1D	Kuchiki-taoshi (effective spring '21)		3D	O-soto-guruma	
1D	Kibisu-gaeshi (effective spring '21)		3D	Uki-waza	
1D	3 opposite side throws (spring '21)	(Enter score above)	3D	O-soto-makikomi (spring '21)	
2D	Sumi-gaeshi		4D	Yoko-guruma	
2D	Soto-maki-komi		4D	Ushiro-goshi	
2D	Tani-otoshi		4D	Ura-nage	
2D	O-guruma		4D	Sumi-otoshi	
2D	Sukui-nage		4D	Yoko-gake	
2D	Harai-maki-komi (effective spring '21)		4D	Yoko-wakare (effective spring '21)	
3D	Hane-maki-komi		4D	Daki-age (effective spring '21)	
3D	Utsuri-goshi		4D	Kani-basami (effective spring '21)	
3D	Uki-otoshi		4D	Kawazu-gake (effective spring '21)	
#	Combinations (2K 1, 1K 2, 1D 3)	Score	#	Counters (2K 1, 1K 2, 1D 3)	Score
1 <sup>st</sup>			1 <sup>st</sup>		
2 <sup>nd</sup>			2 <sup>nd</sup>		
3 <sup>rd</sup>			3 <sup>rd</sup>		

### Katame-waza Testing Requirements

Kyu	Osaekomi Waza (Spot check previous rank req's) (Escapes as indicated thru 2K. 1K & above – escapes for all pins.)	Score	
		Technique	Escape
5K	Hon-kesa-gatame		(4K)
5K	Makura-kesa-gatame		
5K	Kuzure-kesa-gatame		
5K	Kata-gatame		
4K	Kami-shiho-gatame		(2K)
4K	Hon-yoko-shio-gatame		(3K)
4K	Kuzure-yoko-shio-gatame		
3K	Kuzure-kame-shiho-gatame		
3K	Tate-shiho-gatame		(2K)
3K	Ushiro-kesa-gatame (spring '21)		
2K	Sankuku-gatame		
2k	Tori Leg Extraction from leg scissor	(Enter score to right)	

Kyu	Shime Waza (Spot check previous rank req's) (Show defense to each required choke.)	Score	
		Technique	Defense
4K	Hadaka-jime		
4K	Okuri-eri-jime		
3K	Nami-juji-jime		
3K	Kata-juji-jime		
3K	Gyaku-juji-jime		
2K	Sankaku-jime		
2K	Kata-ha-jime (spring '21)		
2K	Kata-te-jime (spring '21)		
1K	Sode-guruma-jime		
1K	Sankaku-jime		
1D	Tsukkomi-jime		
1D	Ryote-kime		

Kyu	Kansetsu Waza (Spot check previous rank req's) (Show defense to each required lock.)	Score	
		Technique	Defense
4K	Juji-gatame		
3K	Ude-garami		
3K	Ude-gatame		
1K→2K	Hiza-gatame (spring '21)		
1K 2K	Waki-gatame (spring '21)		
1D 1K	Te-gatame (spring '21)		
1D 1K	Sankaku-gatame (spring '21)		
2D, 3D	Ashi-garami		

Notes			

Examiner

Rank