



# Shufu Yudanshakai

## United States Judo Federation

### Promotional Score Sheet

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

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

Current Rank \_\_\_\_\_ Recommended Rank \_\_\_\_\_

Date \_\_\_\_\_

### 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 Kyoei (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 (ushiro, yoko, mae, zempo)	
5K	Happo-no-kuzushi	

### Nage-waza Testing Requirements

Rank	Nage-waza <small>(Check minimum 2 techniques / each prior rank)</small>	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) <small>(Check minimum 2 techniques / each prior rank)</small>	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)	

