



# UNITED STATES JUDO ASSOCIATION

Recommendation for Promotion for All Senior Jujitsu Ranks

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Website: [www.usja-judo.org](http://www.usja-judo.org)

Email: [membership@usja-judo.org](mailto:membership@usja-judo.org)

1. Promotion fees for Kyu grade are \$20.00 for 6th through 4th. \$30.00 for 3rd through 1st Kyu. Dan Grade #125.00 for Shodan, \$150.00 for Nidan, \$175.00 for Sandan, \$200.00 for Yodan, \$250.00 for Godan, \$250.00 for Rokudan, \$300.00 for Shichidan, \$350.00 for Hachidan, \$400.00 for Kudan, and \$500.00 for Judan
2. All candidates must have achieved the required time-in grade and technical requirements for their next promotion in accordance with the latest edition of the USJA Senior Rank System Handbook plus in addition the changes listed on rank testing worksheet.
3. Please make sure the applicant is a current member of the USJA. If not please include fees for annual or Life Membership.
4. Please make checks payable or money orders payable to the above address.



## United States Judo Association Jujitsu Dan Rank Application

**Date:** \_\_\_\_\_

**Student Name** \_\_\_\_\_

**Present Rank** \_\_\_\_\_ **Date of Last Promotion:** \_\_\_\_\_

**Rank Applying For:** \_\_\_\_\_ **Date of New Promotion:** \_\_\_\_\_

**Instructor Name** \_\_\_\_\_

**Instructor Rank** \_\_\_\_\_

**School Name** \_\_\_\_\_

**Instructor Signature** \_\_\_\_\_

### Complete Check List

Test & Certificate fee enclosed	Amount: _____	Y
Martial Arts Biography of Applicant Enclosed		Y
Written Thesis on Jujitsu provided to instructor copy enclosed (Shodan Only)		Y
USJA Background Screening Policy		Y

Minimum time in grade for promotion. Applicant must hold Shodan for 2 Years, Nidan 3 Years, Sandan 4 Years, Yodan 5 Years. All promotions for Godan and above shall be determined on an individual basis by the promotions board members of USJA. Instructors holding a minimum rank of Sandan may promote to Shodan without prior approval of the promotions board and must submit all necessary forms and fees to the promotions board to obtain a certificate. Instructors submitting for rank above Sandan must have a video of the applicant demonstrating their martial arts ability. This must accompany all necessary forms and fees.

### Internal use only

Current member of USJA:		Y	N
Time in grade with USJA:		Y	N
Eligible for new rank:		Y	N

Date of promotion: \_\_\_\_\_ Certificate # \_\_\_\_\_

Registration person signature: \_\_\_\_\_ Date: \_\_\_\_\_



## USJA Jujitsu Rank Testing Worksheet

### Wrist Grab Escapes (List 1)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	4	8	10	12	12	12	12	12	12	12	12	12
Demonstrate a variety of escapes from various types of wrists grabs.													
_____	_____	Outside#1	_____	_____	_____	_____	_____	_____	_____	_____	_____	2 on 2 #1	_____
_____	_____	Outside#2	_____	_____	_____	_____	_____	_____	_____	_____	_____	2 on 2 #2	_____
_____	_____	Cross-Wrist #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Grab #1	_____
_____	_____	Cross-Wrist #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Grab #2	_____
_____	_____	2 on 1 #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1	_____
_____	_____	2 on 1 #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2	_____

### Clothing Grab Escapes (List 2)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	2	4	6	6	6	6	6	6	6	6	6
Demonstrate a variety of escapes from various types of clothing grabs.													
_____	_____	Escape #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #4
_____	_____	Escape #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #5
_____	_____	Escape #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Escape #6

### Bear Hug Escapes (List 3)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	2	3	4	4	4	4	4	4	4	4	4	4
Demonstrate a variety of escapes from various types of bear hugs.													
_____	_____	Front Over Arms	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Over Arms
_____	_____	Front Under Arms	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear Under Arms

### Choke Holds (List 4)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	1	3	5	6	6	8	12	12	12	12	12
Demonstrate various ways of effectively choking or strangling your opponent.													
_____	_____	Front #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #1
_____	_____	Front #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #2
_____	_____	Front #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Naked #3
_____	_____	Rear #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1
_____	_____	Rear #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2
_____	_____	Rear #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #3

### Choke Hold Escape (List 5)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	2	3	5	6	6	6	6	12	12	12	12	12
Demonstrate various escapes from different types of choke holds.													
_____	_____	Front #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #1
_____	_____	Front #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #2
_____	_____	Front #3	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Rear #3
_____	_____	Front #4	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #1
_____	_____	Ground #1	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #2
_____	_____	Ground #2	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	Other #3

### Throws (List 6)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	0	1	3	6	9	11	12	16	20	20	20	20

Demonstrate throws that would appropriately be used in self-defense situations

		Throws #1											
		Throws #2											
		Throws #3											
		Throws #4											
		Throws #5											
		Throws #6											
		Throws #7											
		Throws #8											
		Throws #9											
		Throws #10											

### Strikes (List 7)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	4	8	10	12	12	12	12	12	12	12	12	12

Identify 10 body target areas and demonstrate 2 different strikes to each area.

		Strikes #1											
		Strikes #2											
		Strikes #3											
		Strikes #4											
		Strikes #5											
		Strikes #6											
		Strikes #7											
		Strikes #8											
		Strikes #9											
		Strikes #10											

### Strikes Defenses (List 8)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
Score	Selection	1	3	5	7	11	15	15	18	18	18	18	18

Demonstrate effective blocks and defenses from strikes appropriately used in self-defense situations.

		Straight #1											
		Straight #2											
		Straight #3											
		Hook #1											
		Hook #2											
		Hook #3											
		Jab #1											
		Jab #2											
		Rt/Lft #1											
		Rt/Lft #2											

### Weapon Defenses (List 9)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	1	3	5	7	19	19	19	19	19

Score  
Selection

Demonstrate various defenses from, knife, handgun, club, or other weapon  
that would appropriately be used in self-defense situations

_____	_____	Knife #1			Other #1	
_____	_____	Knife #2			Other #2	
_____	_____	Knife #3			Other #3	
_____	_____	Gun #1			Other #4	
_____	_____	Gun #2			Other #5	
_____	_____	Gun #3			Other #6	
_____	_____	Club #1			Other #7	
_____	_____	Club #2			Other #8	
_____	_____	Club #3			Other #9	

### Headlock Escapes (List 10)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	2	3	3	3	3	3	3	3	3	3

Score  
Selection

Demonstrate effective escapes from headlock holds that  
would appropriately be used in self-defense situations.

_____	_____	Escape #1			Escape #3	
_____	_____	Escape #2				

### Joint Locks (List 11)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	3	6	8	10	10	16	16	16	16	16

Score  
Selection

Demonstrate various joint locks that would appropriately be used in self-defense situations.

_____	_____	Finger #1			Knee #1	
_____	_____	Finger #2			Knee #2	
_____	_____	Finger #3			Elbow #1	
_____	_____	Neck #1			Elbow #2	
_____	_____	Neck #2			Elbow #3	
_____	_____	Wrist #1			Other #1	
_____	_____	Wrist #2			Other #2	
_____	_____	Wrist #3			Other #3	

### Ground Control Holds (List 12)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	2	3	5	7	9	10	10	10	10	10	10

Score  
Selection

Demonstrate various joint locks that would appropriately be used in self-defense situations.

_____	_____	Hold #1			Hold #6	
_____	_____	Hold #2			Hold #7	
_____	_____	Hold #3			Hold #8	
_____	_____	Hold #4			Hold #9	
_____	_____	Hold #5			Hold #10	

### Mental Training (List 13)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
Score	Selection	1	2	2	4	5	6	7	7	7	7	7	7	
Demonstrate / explain mental aspects that would appropriately be used in self-defense situations.														
		#1											#5	
		#2											#6	
		#3											#7	
		#4											#8	

### Instructor Directed (List 14)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
Score	Selection	3	5	7	9	13	19	42	52	52	52	52	52	
Demonstrate additional techniques that would appropriately be used in self-defense situations.														
		# 1											# 27	
		# 2											# 28	
		# 3											# 29	
		# 4											# 30	
		# 5											# 31	
		# 6											# 32	
		# 7											# 33	
		# 8											# 34	
		# 9											# 35	
		# 10											# 36	
		# 11											# 37	
		# 12											# 38	
		# 13											# 39	
		# 14											# 40	
		# 15											# 41	
		# 16											# 42	
		# 17											# 43	
		# 18											# 44	
		# 19											# 45	
		# 20											# 46	
		# 21											# 47	
		# 22											# 48	
		# 23											# 49	
		# 24											# 50	
		# 25											# 51	
		# 26											# 52	

### Kappo / First Aid (List 15)

		6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D	
Score	Selection	0	0	0	0	0	0	0	5	5	5	5	5	
Provide proof of First Aid / CPR Training or demonstrate five Kappo Arts.														
		# 1											# 4	
		# 2											# 5	
		# 3												

### Kata (List 16)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	1	2	2	2	2	2

Perform martial arts kata with a minimum of 10 moves (2nd one for Nidan must have a least 15 moves)

# 1 \_\_\_\_\_ # 2 \_\_\_\_\_

### Teaching (List 17)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3K	1D			

Ability to teach Jujitsu up to and including the rank listed above

# 1 \_\_\_\_\_ # 2 \_\_\_\_\_

### Positional Defense (List 18)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3K	1D			

Demonstrate additional techniques that would appropriately be use in self-defense situations

Knee/Sit# 1				Lying #1	
Knee/Sit# 2				Lying #2	
Knee/Sit# 3				Lying #3	
Knee/Sit# 4				Lying #4	
Knee/Sit# 5				Lying #5	

### Multiple Attackers (List 19)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	3	3	3	3	3

Demonstrate defenses from two or more attackers that would appropriately be use in self-defense situations.

# 1 \_\_\_\_\_ # 3 \_\_\_\_\_

# 2 \_\_\_\_\_

### Use of a Weapon (List 20)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	1	2	2	2	2

Demonstrate proficient use of a weapon, either traditional or modern (examinee's choice).

# 1 \_\_\_\_\_ # 2 \_\_\_\_\_

### Combination Techniques (List 21)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
		0	0	0	0	0	0	0	0	10	10	10	10

Demonstrate combination techniques incorporating at least:  
one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

# 1 \_\_\_\_\_ # 6 \_\_\_\_\_

# 2 \_\_\_\_\_ # 7 \_\_\_\_\_

# 3 \_\_\_\_\_ # 8 \_\_\_\_\_

# 4 \_\_\_\_\_ # 9 \_\_\_\_\_

# 5 \_\_\_\_\_ # 10 \_\_\_\_\_

### Ground Escapes (List 22)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
				0	0	0	0	0	0	0	0	5	5

Demonstrate escapes from ground holds. (Examinee's choice of holds and escapes).  
 one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

_____	_____	Knee/Sit# 1	_____	_____	_____	Lying #1	_____
_____	_____	Knee/Sit# 2	_____	_____	_____	Lying #2	_____
_____	_____	Knee/Sit# 3	_____	_____	_____		_____

### Counters to Throws (List 23)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
				0	0	0	0	0	0	0	0	5	5

Demonstrate counters to throws that would appropriately be use in self-defense situations.

_____	_____	# 1	_____	_____	_____	# 6	_____
_____	_____	# 2	_____	_____	_____	# 7	_____
_____	_____	# 3	_____	_____	_____	# 8	_____
_____	_____	# 4	_____	_____	_____	# 9	_____
_____	_____	# 5	_____	_____	_____	# 10	_____

### Presentation (List 24)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
				0	0	0	0	0	0	0	0	1	1

Present a short oral or written presentation on history and principles of jujitsu

(comments) \_\_\_\_\_  
 \_\_\_\_\_

### Anatomy (List 25)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
				0	0	0	0	0	0	0	0	1	1

Demonstrate a basic understanding of human anatomy, including:

major bones, muscle groups, and vital areas.

(comments) \_\_\_\_\_  
 \_\_\_\_\_

### Break Fall Ukemi Waza / Sutemi (List 26)

Score	Selection	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
				5	5	8	8	8	8	8	8	8	8

Demonstrate break fall and understand difference between jujitsu cross leg and judo open leg.

_____	_____	Right Roll	_____	_____	_____	Left Slap	_____
_____	_____	Left Roll	_____	_____	_____	Straight Over	_____
_____	_____	Rear Roll	_____	_____	_____	Back Fall	_____
_____	_____	Right Slap	_____	_____	_____	Front Drop	_____

# JUJITSU RANK EXAMINATION SCORE SUMMARY SHEET

## RANK

	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D
LIST #1													
LIST #2													
LIST #3													
LIST #4													
LIST #5													
LIST #6													
LIST #7													
LIST #8													
LIST #9													
LIST #10													
LIST #11													
LIST #12													
LIST #13													
LIST #14													
LIST #15													
LIST #16													
LIST #17													
LIST #18													
LIST #19													
LIST #20													
LIST #21													
LIST #22													
LIST #23													
LIST #24													
LIST #25													
LIST #26													
<b>Total Score For Demonstration</b>													
<b>Minimum Total Passing Score</b>	44	106	159	249	302	389		479	659	707	707	707	754
<b>Number of Skills Required</b>	20	44	66	94	113	144		165	225	241	241	241	241
<b>Expected Minimum Score (per skill)</b>	2.6	2.6	2.6	2.8	2.8	2.8		3.0	3.0	3.0	3.0	3.0	3.2
	<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>

### **JUJITSU RANK EXAMINATION SCORES**

Examination Results      Passed \_\_\_\_\_      Failed \_\_\_\_\_

Examiner 1. Level \_\_\_\_\_      Name: \_\_\_\_\_

Examiner 2. Level \_\_\_\_\_      Name: \_\_\_\_\_

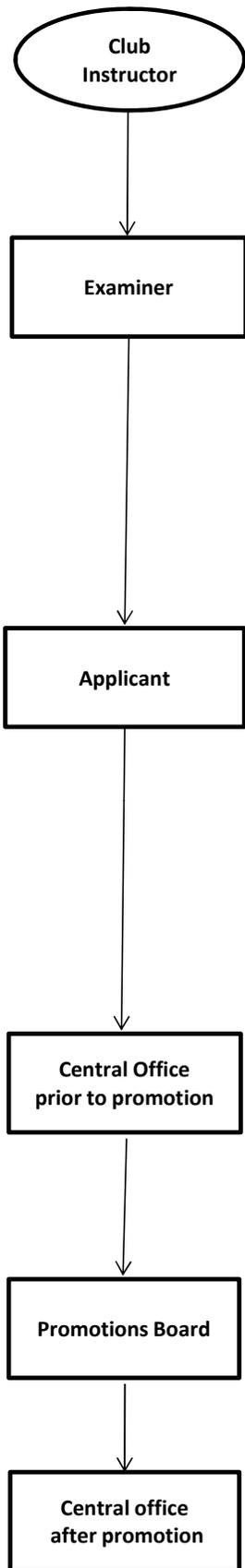
Examiner 3. Level \_\_\_\_\_      Name: \_\_\_\_\_

### Here are suggestions for scoring:

Rank		Possible number of techniques that should be known	Average score for all techniques demonstrated
Rokyu	6K	20	2.6
Gokyu	5K	44	2.6
Yonkyu	4K	66	2.6
Sankyu	3K	94	2.8
Nikyu	2K	113	2.8
Ikkyu	1K	144	2.8
Shodan	1D	165	3.0
Nidan	2D	225	3.0
Sandan	3D	241	3.0
Yodan	4D	241	3.0
Godan	5D	241	3.0
Rokudan +	6D	241	3.2

Test should not be an endurance test, even at the higher ranks. For example, for Shodan, the student may be asked to defend 30 attacks. The student may use any of the techniques but the proficiency level should be fairly high. The student could not be asked to demonstrate specific techniques if there is a question on knowledge of sufficient number of techniques.

## USJA Jujitsu Promotion Procedure



- 1 Maintains records of the applicant to verify history, time-in-grade and points. In the event of a discrepancy, The United States Judo Association Office Records will be considered official.
- 2 Prepares the applicant for examination.
- 3 Assists in examining the applicant and ensures the application is properly completed with signatures and supporting documentation.

- 1 Administers the examination in accordance with established procedures approved by the Jujitsu Rank Board of the United States Judo Association.
- 2 Ensures the application form is properly completed, with signatures and supporting documentation as to the candidate's history within the United States Judo Association.
- 3 In cases requiring more than one Master Examiner's signature, the examination will be conducted in the presence of both or performed for each Master Examiner in different locations and verified by supporting documentation, such as Video or other visual documentation and witnesses to ensure that the proper testing was actually performed.
- 4 In cases where it is not possible for the candidate and the examiner to be together (such as the candidates overseas or in remote areas), Electronic means such as videotapes, DVD's or CD's may be used to show techniques to the examiner(s).

- 1 The applicant shall sign the application to verify that he or she has met the requirements for the level he or she is testing for.
- 2 Maintains accurate and verified promotion points records and if required to by the Rank Board, submit documentation verifying such activity.
- 3 Remits the non-refundable \$25.00 fee.
- 4 Understands the responsibilities that comes with promotion to high Dan level.
- 5 The candidate is responsible to provide a passport type photo of her or himself which shall accompany the complete forms sent to the United States Judo Association's office. This assists the Promotion Board Members to place names with faces that they have possibility seen, but cannot remember. It is virtually impossible to know every applicant personally.

- 1 Verifies that examiners are current members recognized by the Jujitsu Board with valid and appropriate-level Examiner status, thereby eligible to examine Jujitsuka for promotion.
- 2 Verifies forms are properly completed.
- 3 Verifies eligibility through database and black belt files.
- 4 Verifies signatures.
- 5 Verifies forms are properly completed with supporting documentation.
- 6 Forwards applications to the Members of the Jujitsu Rank Board monthly.

- 1 Reviews applications for adherence to standers approved by the Jujitsu Rank Board.
- 2 Conduct due diligence on applications, as required.
- 3 Votes via e-mail will be initiated by the Secretary with the approval of the Chairman.
- 4 Approves or disapproves requested Promotions, as appropriate - providing reasons for rejection if applicable.

- 1 Receives the approved Promotion decisions of the United States Jujitsu Promotion Board from the Board Secretary.
- 2 Processes the applications received from the Jujitsu Rank Board's Secretary and collect the promotion fees for approved promotions.