

SECTION I: INFORMATION ON THE STUDENT AND THE EXAMINER:

- A. Name of Examinee: _____ F. Name of Examiner: _____
 B. Examinee's Club: _____ G. Rank of Examiner: _____
 C. Examinee's Date of Birth: _____ H. Examiner's OJA Number: _____
 D. Examinee's OJA Number: _____ I. Rank Being Tested For: _____
 E. Date of Examinee's Last Promotion: _____

SECTION II: INSTRUCTIONS FOR THE EXAMINER:

- A. Test your students for promotion whenever you feel they are ready after the appropriate time-in-grade qualification is met, & the proper number of points (competition &/or service)(Seniors), or competitions & wins (Juniors) have been accumulated for the rank indicated. These requirements are outlined by The Oklahoma Judo Association (OJA), a copy of which may be requested of the Chairperson of the OJA Promotion Board.
 B. Staple the successfully completed exam, a completed OJA Recommendation for Promotion Form, & the proper fee together & send them to the Chairperson of the OJA Promotion Board.
 C. If exam is failed, correct the mistakes & return the exam form to the examinee for further study. Wait at least 1 week before re-testing the examinee.
 D. Score the General Information & Vocabulary sections by checking the examinee's answers against the correct answers given in your instructor's manual, marking an "X" on the wrong answers, counting the number of Xs, & subtracting that total from the maximum possible score.
 E. Each section of the exam must be passed at each level of promotion in order for the examinee to be recommended for this promotion.

SECTION III: GENERAL INFORMATION AND VOCABULARY (TO BE FILLED IN BY EXAMINEE):

A. HAVE THE EXAMINEE ANSWER THE FOLLOWING QUESTIONS AND TRANSLATE THE INDICATED ENGLISH WORDS INTO JAPANESE, FOR EACH OF THE FOLLOWING RANKS:

SENIOR RANK	JUNIOR RANK	SECTION IIIB	SECTION IIIC	MAXIMUM POSS. SCORE	PASSING SCORE	PASSING PERCENTAGE
	1 st	1-3	1-10	13	9	67%
	2 nd	1-4	1-20	24	16	68%
	3 rd	1-5	1-30	35	24	69%
Rokyu	4 th	1-6	1-40	46	32	70%
	5 th	1-7	1-50	59	42	71%
	6 th	1-8	1-60	72	51	71%
	7 th	1-9	1-70	84	60	72%
Gokyu	8 th	1-10	1-80	97	70	72%
	9 th	1-11	1-90	109	75	73%
	10 th	1-12	1-100	122	89	73%
	11 th	1-13	1-110	135	99	74%
Yonkyu	12 th	1-14	1-120	147	109	74%
	13 th	1-15	1-130	158	119	75%
	14 th	1-16	1-140	172	129	75%
	15 th	1-17	1-150	184	140	76%
Sankyū	16 th	1-18	1-160	196	149	76%
	17 th	1-19	1-170	208	160	77%
	18 th	1-20	1-178	217	167	77%
	19 th	1-22	1-186	230	179	78%
Nikyu	20 th	1-24	1-194	248	193	78%

SENIOR RANKS ONLY:

Ikkyu	1-26	1-203	260	205	79%
SHODAN	1-28	1-211	270	216	80%
NIDAN	1-31	1-219	282	231	82%
SANDAN	1-31	1-219	282	237	84%
YONDAN	1-31	1-219	282	243	86%
GODAN	1-31	1-219	282	248	88%
ROKUDAN	1-31	1-219	282	254	90%

B. GENERAL INFORMATION (Answer the following questions):

1. Who was the founder of Judo? (1) _____
2. What is the name of the school he founded? (1) _____
3. What is the date of the founding of Judo? (1) _____
4. What was unarmed combat called in Japan before Judo? (1) _____
5. How long have unarmed martial arts been practiced in Japan? (1) _____
6. What is the name of your Judo organization? (1) _____
7. Name the three parts of a Judo throw in Japanese. (3)

a. Off-Balance b. Entry c. Execution
8. Name the three divisions of unarmed combat in Japanese. (3)

a. Throwing Techniques b. Mat Work Techniques c. Striking Techniques
9. Name the two divisions of throwing techniques in Japanese. (2)

a. Standing Techniques b. Sacrifice Techniques
10. Name the three divisions of standing throws in English and Japanese. (3)

a. Hand/Arm Techniques b. Hip/Waist Techniques c. Foot/Leg Techniques
11. Name the two divisions of sacrifice throws in English and Japanese. (2)

a. Front or Direct Sacrifice Techniques b. Side Sacrifice Techniques
12. Name the three divisions of mat techniques in Japanese. (3)

a. Holding Techniques b. Choking Techniques c. Joint Locking Techniques.
13. Name 3 of the 7 men who were 10th Degree Black Belts. (3)
a. _____ b. _____ c. _____

14. Name the two principles of Judo as defined by the founder of Judo. (2)

a. _____ b. _____

15. What is the ultimate goal of Judo as defined by the founder of Judo. (1)

16. Who were the 4 men on the first U.S. Olympic Team in 1964 in Tokyo? (4)

a. _____ c. _____

b. _____ d. _____

17. Which American placed the first time Judo was included at the Olympics in 1964, in Tokyo and what place did he win?(2)

Name: _____
Place: _____

18. Which American was the first to place at the World Championships of Judo (1965, Rio de Janeiro) & what place did he win?(2)

Name: _____
Place: _____

19. Which American placed at the 1976 Olympics in Montreal, & what place did he win? (2)

Name: _____
Place: _____

20. Who was the USA's First Judo World Champion? (Vienna, 1984)(1)

21. Which 2 Americans placed at the 1984 Olympics in Los Angeles & what place did each win?(4)

a. _____, _____
(name) (place)

b. _____, _____
(name) (place)

22. Who was the USA's Second Judo World Champion? (Essen, 1987)(1)

23. Which 4 Americans placed at the 1988 Olympics in Seoul, & what place did each win?(8)

a. _____, _____ c. _____, _____
(name) (place) (name) (place)

b. _____, _____ d. _____, _____
(name) (place) (name) (place)

24. Which American placed at the 1992 Olympics in Barcelona, and what place did he win? (2)

Name: _____
Place: _____

25. Which American placed at the 1996 Olympics in Atlanta, and what place did he win? (2)

Name: _____
Place: _____

26. Who was the USA's Third Judo World Champion? (Birmingham, 1999)(1)

27. Which American placed at the 2004 Olympics in Athens, and what place did he win? (2)

Name: _____
Place: _____

28. Which OJA member competed on 2 US Olympic Teams?(1)_____

29. Which other OJA member competed on the US World Team?(1) _____

30. Which OJA member has won 20+ Gold National Kata medals?(1)_____

31. Which member of the OJA is an IJF Class A Referee?(1)_____

C. VOCABULARY (Write in the Japanese word for the following English words):

- | | |
|-------------------------|--------------------------------|
| 1. Big or Major_____ | 6. Lock or Hold_____ |
| 2. Little or Minor_____ | 7. Begin! (Ref's Command)_____ |
| 3. Inside _____ | 8. Stop! (Ref's Com.)_____ |
| 4. Outside _____ | 9. Major Outside Reap_____ |
| 5. Reap_____ | 10. Scarf Hold_____ |

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- | | |
|-----------------------------------|-------------------------------|
| 11. Attention! _____ | 16. Back falls _____ |
| 12. Bow! _____ | 17. Forward falls _____ |
| 13. Teacher _____ | 18. Rolling _____ |
| 14. Hip or waist_____ | 19. Front rolling falls _____ |
| 15. Falling methods or ways _____ | 20. Major Hip Throw _____ |

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|--------------------------------|-----------------------------|
| 21. Shoulder_____ | 26. Natural_____ |
| 22. Throw_____ | 27. Defensive_____ |
| 23. Side_____ | 28. Judo practice hall_____ |
| 24. Corners (as in holds)_____ | 29. Shoulder Throw_____ |
| 25. Fundamental or basic_____ | 30. Side Corners Hold_____ |

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|---|--------------------------------|
| 31. Fundamental natural posture _____ | |
| 32. Fundamental defensive posture _____ | |
| 33. Knee_____ | 37. Sitting on the knees _____ |
| 34. Wheel_____ | 38. Sitting cross-legged _____ |
| 35. Hold-down! (Ref's Com.)_____ | 39. Knee Wheel Throw_____ |
| 36. Hold broken! (Ref's. Com.)_____ | 40. 6th Class Judo rank_____ |

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|----------------------------------|-------------------------------------|
| 41. Hand_____ | 46. Continue! (Ref's Com.)_____ |
| 42. Foot_____ | 47. Time is up! (Ref's. com.) _____ |
| 43. Judo uniform_____ | 48. I surrender _____ |
| 44. Sweep_____ | 49. Advanced Foot Sweep _____ |
| 45. Don't move!(Ref's Com.)_____ | 50. Upper, Corners Hold _____ |

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- | | |
|--|----------------------------------|
| 51. 1 point! (Ref's. call)_____ | 56. Loss by major penalty! _____ |
| 52. Almost 1 pt.! (Ref's. call)_____ | 57. Escape (from a hold) _____ |
| 53. Almost 1/2 pt.! (Ref's. call)_____ | 58. Forms of off-balancing _____ |
| 54. Smallest score! (Ref's. call)_____ | 59. Forms of gripping_____ |
| 55. Note! (slight penalty) _____ | 60. Major Inside Reap _____ |

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- | | |
|------------------------------|---------------------------------|
| 61. To Float_____ | 66. Defense (to an attack)_____ |
| 62. Modified (in holds)_____ | 67. The attacker_____ |
| 63. Right_____ | 68. The defender_____ |
| 64. Left_____ | 69. Floating Hip_____ |
| 65. Judo player_____ | 70. Modified Scarf Hold_____ |

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- | | |
|----------------------|-------------------------------|
| 71. Lower prop _____ | 76. Lapel_____ |
| 72. Lift _____ | 77. Jacket_____ |
| 73. Pull _____ | 78. Technique_____ |
| 74. Belt_____ | 79. Foot Stop Throw_____ |
| 75. Sleeve_____ | 80. 5th Class Judo rank _____ |

81. 5 stages of technique, the basic syllabus of Judo_____
82. Entry methods into mat work _____
83. Alternate throwing practice, without resistance_____
84. Repetition attack practice without throwing, done in pairs_____
85. Tournament_____ 88. Pantomime practice_____
86. Form practice_____ 89. Little Inside Reaping throw_____
87. Free practice_____ 90. Modified Side Hold_____
-
91. Combination or faking techniques_____
92. Decision! (Ref's. call for judge's decision)_____
93. Warm-up exercises_____ 97. Internal force or energy_____
94. Cooling-off exercises_____ 98. Shout to gather inner strength_____
95. Counter techniques_____ 99. Straw Judo mats_____
96. Favorite technique_____ 100. Hip Wheel throw_____
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101. A point by adding two half-points_____
102. Half point added makes full point!(Ref's. call)_____
103. Win by forfeit or default of the opponent before a match_____
104. Win by withdrawal during a match by the opponent_____
105. Combination win! (ref's call)_____
- ($\frac{1}{2}$ pt. from opponent's penalty & $\frac{1}{2}$ pt. from a score)
106. Modified Upper Corners Hold_____
107. The principle of gentleness_____ 109. Body movement_____
108. Way of life_____ 110. Little Outside Reap_____
-
111. Valley_____ 116. Pivoting or turning the body_____
112. Kneeling bow_____ 117. Contest area_____
113. Standing bow_____ 118. Referee_____
114. Way of the warrior_____ 119. Lifting Pulling Hip Throw_____
115. Martial arts_____ 120. 4th Class Judo rank_____
- *****
121. Past master of Judo (properly applied only to the founder of Judo)_____
122. Side of mat reserved for the highest rank Judo players/officials_____
123. Illegal entwining of the leg in throws like O Soto Gari_____
124. Holder of rank below Black Belt_____
125. Holder of any Black Belt rank_____
126. Swallow-flight counter throw_____
127. To slide_____ 129. Sliding Foot Sweep_____
128. Instantaneous promotion_____ 130. Shoulder Hold_____
-
131. Step or degree in Black Belt ranks_____
132. Two-handed (as in shoulder throw)_____
133. Draw match! (Ref.'s call)_____ 137. Loss of any type_____
134. Practice in pairs_____ 138. Black Belt Judo Association_____
135. Winding pull while throwing_____ 139. Avoiding/evasive action_____
136. Win of any type_____ 140. Sweeping Hip Throw_____
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141. Body _____ 146. 3rd Degree Black Belt_____
142. Drop _____ 147. 4th Degree Black Belt_____
143. Rear (in throwing & holding)_____ 148. 5th Degree Black Belt_____
- _____ 149. Body Drop throw_____
144. 1st Degree Black Belt_____ 150. Rear Scarf Hold_____
145. 2nd Degree Black Belt_____
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151. "Winner stays out" team tournament _____
152. Resuscitation methods used in Judo _____
153. Thigh _____
154. 6th Degree Black Belt _____
155. 7th Degree Black Belt _____
156. 8th Degree Black Belt _____
- *****
161. Maximum efficiency _____
162. Mutual benefit & welfare _____
163. To dash the opponent _____
164. Mountain Storm _____
165. Choke/strangle _____
157. 9th Degree Black Belt _____
158. 10th Degree Black Belt _____
159. Inner Thigh throw _____
160. 3rd Class Judo rank _____
166. Flying Scissors _____
167. Sacrifice _____
168. Direct or flat _____
169. Minor Outside Dash _____
170. Straddling Corners Hold _____
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171. Cross _____
172. Normal _____
173. Reverse _____
174. Normal Cross Choke _____
175. Half Cross Choke _____
176. Reverse Cross Choke _____
177. Naked strangle _____
178. Lifting Hip throw _____
-
179. Scissors (by the legs; an illegal act in Judo) _____
180. Formal forms of throwing (prearranged routine) _____
181. Formal forms of mat-work (prearranged routine) _____
182. Formal forms of gentleness (prearranged routine) _____
183. Formal forms of self-defense (prearranged routine) _____
184. 12th Degree Black Belt (rank held only by the founder of Judo) _____
185. Sliding Lapel Choke _____
186. Sweeping Foot Stop _____
-
187. To spring _____
188. Arm _____
189. Crush _____
190. Armpit _____
191. Circle _____
192. Springing Hip _____
193. Single Shoulder Choke _____
194. 2nd Class Judo rank _____
- *****
195. Arm Crushing Cross Arm Lock _____
196. Arm Crushing Normal Arm Lock _____
197. Bent Arm Lock _____
198. Arm Pit Lock _____
199. Side (lateral) Drop _____
200. Shoulder Wheel _____
201. Circle Throw _____
202. Foot Wheel _____
203. 1st Class Judo rank _____
- *****
204. Corner Tumble _____
205. Valley Drop _____
206. Springing Winding Pull _____
207. Scoop Throw _____
208. Transfer of the Hip (loins) _____
209. Major Wheel _____
210. Outer Winding Pull _____
211. Floating Drop _____
- *****
212. Major Outside Wheel _____
213. Floating Technique _____
214. Side Separation _____
215. Side Wheel _____
216. Rear Hip _____
217. Stomach Throw _____
218. Corner Drop _____
219. Side Dash _____
- *****

Total correct for Section III-B (Information): _____

Section III-C (Vocabulary) : _____

TOTAL: _____

SECTION IV: DEMONSTRATION OF TECHNIQUES:

A. NOTES FOR THE EXAMINER:

- Each technique is scored Good(2 points), Fair(1), Poor(0) for the more technical demonstrations, or Pass(1), Poor(0) for the simpler demonstrations. The total scored by the student is added up at the end of the exam. In general, the score of Poor is given if the student does the wrong technique, grossly bungles the technique, or doesn't remember the technique. The score of Fair(Pass) is given if the student performs well against an unresisting partner. The score of Good is given if the student is skillful enough with the technique to perhaps use it in randori.
- Techniques may be demonstrated right or left (if applicable).
- When counters are asked for, the examiner should give a score of Fair(1) when the student demonstrates a defensive action which stops his/her partner's technique; a score of Good(2) should be given when the student demonstrates a defensive technique which would normally produce a score in randori.
- To conduct the demonstration part of the exam, simply get the student on the mat with a partner & ask for him/her to demonstrate each technique when you call out the Japanese & English names (ie: Please demonstrate Hiza Guruma, the Knee Wheel Throw).
- Have the student perform the techniques as many times as you wish. Normally the student demonstrates the techniques with his/her partner standing or lying still, with one or the other foot forward (for throws), or moving if the student prefers, & as the technique requires.
- Do not correct or instruct the student during the examination. Examine him/her fairly without comments & then total the score, then whether or not the exam is passed, review the student's mistakes, demonstrating if necessary.
- Have the student demonstrate the following techniques for each of the following ranks:

MAX.						MAX.					
SENIOR RANK	JUNIOR RANK	SECT. IV-B	POSS. SCORE	PASS. SCORE	PASS. %	SENIOR RANK	JUNIOR RANK	SECT. IV-B	POSS. SCORE	PASS. SCORE	PASS. %
	1 st	1-4	6	4	67%		15 th	1-67	112	84	75%
	2 nd	1-8	12	8	68%	Sankyū	16 th	1-71	120	91	76%
	3 rd	1-12	18	12	69%		17 th	1-76	130	99	76%
Rokyu	4 th	1-17	25	18	70%		18 th	1-81	140	108	77%
	5 th	1-22	32	22	70%		19 th	1-86	150	116	77%
	6 th	1-27	39	28	71%	Nikyū	20 th	1-91	159	124	78%
	7 th	1-32	47	33	71%	Ikkyū		1-109	190	150	79%
Gokyu	8 th	1-37	55	40	72%	SHODAN		1-117	206	165	80%
	9 th	1-41	63	45	72%	NIDAN		1-125	222	182	82%
	10 th	1-45	71	52	73%	SANDAN		1-125	222	186	84%
	11 th	1-49	79	58	73%	YONDAN		1-125	222	191	86%
Yonkyū	12 th	1-54	88	65	74%	GODAN		1-125	222	195	88%
	13 th	1-59	96	71	74%	ROKUDAN		1-125	222	200	90%
	14 th	1-63	104	78	75%						

B. DEMONSTRATE THE FOLLOWING TECHNIQUES (Circle: G=Good; F=Fair; P=Poor):

1. O Soto Gari (Major Outside Reaping throw)	G	F	P
2. Kesa Gatame (Scarf Hold)	G	F	P
3. Side falls		Pass	P
4. Back fall		Pass	P
5. O Goshi (Major Hip throw)	G	F	P
6. Bridge & roll escape from Kesa Gatame	G	F	P
7. Front fall		Pass	P
8. Zempo Kaiten Ukemi (Front Rolling Falls)		Pass	P

9. Seoi Nage (Shoulder Throw)	G	F	P
10. Yoko Shiho Gatame (Side Hold)	G	F	P
11. Shizen Hon Tai (Basic Natural Posture)		Pass	P
12. Jigo Hon Tai (Basic Defensive Posture)		Pass	P
13. Hiza Guruma (Knee Wheel throw)	G	F	P
14. Leg entangling escape from Yoko Shiho Gatame	G	F	P
15. Anza (Sitting cross-legged)		Pass	P
16. Seiza (Sitting on the knees & feet)		Pass	P
17. Shrimps (Right & left sides)		Pass	P

18. De Ashi Barai (Advanced Foot Sweep throw)	G	F	P
19. Kami Shiho Gatame (Upper Corners Hold)	G	F	P
20. Sleeve Grip		Pass	P
21. Swinging arm break for the sleeve grip		Pass	P
22. Swinging elbow break for the sleeve grip		Pass	P
23. O Uchi Gari (Major Inside Reaping throw)	G	F	P
24. Single roll escape from Kami Shiho Gatame	G	F	P
25. Happo No Kuzushi (Forms of off-balancing)		Pass	P
26. High lapel grip		Pass	P
27. Inner sleeve counter grip for the high lapel grip		Pass	P
28. Uki Goshi (Floating Hip throw)	G	F	P
29. Kuzure Kesa Gatame (Modified Scarf Hold)	G	F	P
30. Counter for O Soto Gari	G	F	P
31. Collar grip		Pass	P
32. Drive through break for the collar grip		Pass	P
33. Sasae Tsuru Komi Ashi (Foot Stop throw)	G	F	P
34. Up hill turn escape from Kesa Gatame	G	F	P
35. Counter for O Goshi	G	F	P
36. Low Lapel Grip		Pass	P
37. Snap out break for the low lapel grip		Pass	P

38. Ko Uchi Gari (Minor Inside Reaping throw)	G	F	P
39. Kuzure Yoko Shiho Gatame (Modified Side Hold)	G	F	P
40. Counter for Seoi Nage	G	F	P
41. Cross-neck turn over entry into mat work	G	F	P
42. Koshi Guruma (Hip Wheel throw)	G	F	P
43. Bridge & roll escape from Yoko Shiho Gatame	G	F	P
44. Counter for Hiza Guruma	G	F	P
45. Break down entry into mat work	G	F	P
46. Ko Soto Gari (Minor Outside Reaping throw)	G	F	P
47. Kuzure Kami Shiho Gatame (Modified Upper Corners Hold)	G	F	P
48. Counter for De Ashi Barai	G	F	P
49. Sit up escape from Kesa Gatame	G	F	P
50. Tsuru Komi Goshi (Lifting Pulling Hip throw)	G	F	P
51. Double bridge & roll escape from Kami Shiho Gatame	G	F	P
52. Counter for O Uchi Gari	G	F	P
53. Hiza Guruma to Osoto Gari combination or the reverse	G	F	P
54. Pull down break through for the high lapel grip		Pass	P

55. Okuri Ashi Barai (Sliding Foot Sweep throw)	G	F	P
56. Kata Gatame (Shoulder Hold)	G	F	P
57. Counter for Uki Goshi	G	F	P
58. Double sleeve grip		Pass	P
59. Double sleeve counter grip		Pass	P

60. Harai Goshi (Sweeping Hip throw)	G	F	P
61. Legs over escape from Kata Gatame	G	F	P
62. Up hill turn escape from Yoko Shiho Gatame	G	F	P
63. Counter for Sasae Tsuru Komi Ashi	G	F	P
64. Tai Otoshi (Body Drop throw)	G	F	P
65. Ushiro Kesa Gatame (Backward Scarf Hold)	G	F	P
66. Bridge & roll escape from Ushiro Kesa Gatame	G	F	P
67. Counter for Ko Uchi Gari	G	F	P
68. Uchi Mata (Inner Thigh throw)	G	F	P
69. Counter for Koshi Guruma	G	F	P
70. Up hill turn escape from Kami Shiho Gatame	G	F	P
71. Ko Uchi Gari to Seoi Nage combination or the reverse	G	F	P

72. Ko Soto Gake (Minor Outside Dash throw)	G	F	P
73. Tate Shiho Gatame (Straddling Hold)	G	F	P
74. Sasae Tsuru Komi Ashi or Hiza Guruma to De Ashi Barai combination or the reverse	G	F	P
75. Counter for Okuri Ashi Barai	G	F	P
76. Knee-in entry into mat work	G	F	P
77. Tsuru Goshi (Lifting Hip throw)	G	F	P
78. Leg out escape from Tate Shiho Gatame	G	F	P
79. Hadaka Jime (Naked Strangle)	G	F	P
80. Counter for Harai Goshi	G	F	P
81. Sumi Gaeshi take down into mat work	G	F	P
82. Harai Tsuru Komi Ashi (Sweeping Foot Stop throw)	G	F	P
83. Double arm escape from Kami Shiho Gatame	G	F	P
84. Harai Goshi to O Soto Gari combination or the reverse	G	F	P
85. Counter for Tai Otoshi	G	F	P
86. Okuri Eri Jime (Sliding Lapel Strangle)	G	F	P
87. Hane Goshi (Springing Hip throw)	G	F	P
88. Right forward to left forward throw combination or the reverse	G	F	P
89. Counter for Uchi Mata	G	F	P
90. Kata Ha Jime (Single Wing Strangle)	G	F	P
91. Basic defense against all rear chokes		Pass	P

92. Yoko Otoshi (Side Drop throw)	G	F	P
93. Kata Guruma (Shoulder Wheel throw)	G	F	P
94. Counter for Ko Soto Gake	G	F	P
95. Counter for Tsuru Goshi	G	F	P
96. Tomoe Nage (Circle Throw)	G	F	P
97. Ashi Guruma (Foot Wheel throw)	G	F	P
98. Uchi Mata to Ko or O Uchi Gari combination or the reverse	G	F	P
99. Nami Juji Jime (Normal Crossed Strangle)	G	F	P
100. Kata Juji Jime (Single Wing Crossed Strangle)	G	F	P
101. Gyaku Juji Jime (Reverse Crossed Strangle)	G	F	P
102. Basic defense against all crossed chokes		Pass	P
103. Ude Hishigi Juji Gatame (Arm Crushing Cross Lock)	G	F	P
104. Ude Hishigi Ude Gatame (Arm Crushing Arm Lock)	G	F	P
105. Ude Garami (Bent Arm Lock)	G	F	P
106. Basic defense against arm locks		Pass	P
107. Ude Gatame break for the sleeve grip		Pass	P
108. Ude Gatame break for the lapel grip		Pass	P
109. Waki Gatame (Armpit Lock) for the lapel grip		Pass	P

110. Sumi Gaeshi (Corner Tumble throw)	G	F	P
111. Tani Otoshi (Valley Drop throw)	G	F	P
112. Hane Maki Komi (Springing Winding Pull throw)	G	F	P
113. Sukui Nage (Scooping Throw)	G	F	P
114. Utsuri Goshi (Transfer of the Hips throw)	G	F	P
115. O Guruma (Major Wheel throw)	G	F	P
116. Soto Maki Komi (Outside Winding Pull throw)	G	F	P
117. Uki Otoshi (Floating Drop throw)	G	F	P

118. O Soto Guruma (Major Outside Wheel throw)	G	F	P
119. Uki Waza (Floating Technique throw)	G	F	P
120. Yoko Wakare (Lateral Separation throw)	G	F	P
121. Yoko Guruma (Side Wheel throw)	G	F	P
122. Ushiro Goshi (Backwards Hip throw)	G	F	P
123. Ura Nage (Rear Throw)	G	F	P
124. Sumi Otoshi (Corner Drop throw)	G	F	P
125. Yoko Gake (Side Dash throw)	G	F	P

C. TOTALS:

1. Add all of the Good (G) scores: _____ x 2 = _____
2. Add all of the Fair (F) and Pass scores: _____ = _____
3. Total score for demonstration of techniques (add 1 + 2) = _____

SECTION V: NAGE NO KATA (FORMAL FORMS OF THROWING)-FOR SHODAN & HIGHER RANKS.

A. HAVE THE EXAMINEE DEMONSTRATE THE NAGE NO KATA:

MAX.				MAX.			
SENIOR RANK	POSS. SCORE	PASSING SCORE	PASSING %	SENIOR RANK	POSS. SCORE	PASSING SCORE	PASSING %
SHODAN	64	32	50%	YONDAN	64	45	70%
NIDAN	64	38	60%	GODAN	64	48	75%
SANDAN	64	42	65%	ROKUDAN	64	51	80%

B. SCORE SHEET:

1. Entry	G	F	P	20. Tomoe Nage (right)	G	F	P
2. Uki Otoshi (right)	G	F	P	21. Tomoe Nage (left)	G	F	P
3. Uki Otoshi (left)	G	F	P	22. Ura Nage (right)	G	F	P
4. Ippon Seoi Nage (right)	G	F	P	23. Ura Nage (left)	G	F	P
5. Ippon Seoi Nage (left)	G	F	P	24. Sumi Gaeshi (right)	G	F	P
6. Kata Guruma (right)	G	F	P	25. Sumi Gaeshi (left)	G	F	P
7. Kata Guruma (left)	G	F	P	26. Yoko Gake (right)	G	F	P
8. Uki Goshi (left)	G	F	P	27. Yoko Gake (left)	G	F	P
9. Uki Goshi (right)	G	F	P	28. Yoko Guruma (right)	G	F	P
10. Harai Goshi (right)	G	F	P	29. Yoko Guruma (left)	G	F	P
11. Harai Goshi (left)	G	F	P	30. Uki Waza (right)	G	F	P
12. Tsuru Komi Goshi (right)	G	F	P	31. Uki Waza (left)	G	F	P
13. Tsuru Komi Goshi (left)	G	F	P	32. Exit	G	F	P
14. Okuri Ashi Barai (right)	G	F	P	C. TOTALS:			
15. Okuri Ashi Barai (left)	G	F	P	Total Good (G)	_____	x 2 =	_____
16. Sasae Tsuru Komi Ashi (right)	G	F	P	Total Fair (F)	_____	=	_____
17. Sasae Tsuru Komi Ashi (left)	G	F	P	Total score	_____	=	_____
18. Uchi Mata (right)	G	F	P	*****			
19. Uchi Mata (left)	G	F	P	*****			

SECTION VI: KATAME NO KATA (FORMAL FORMS OF MAT WORK)-FOR SANDAN & HIGHER RANKS

A. HAVE THE EXAMINEE DEMONSTRATE THE KATAME NO KATA:

SENIOR RANK	MAXIMUM POSS. SCORE	PASSING SCORE	PASSING %
SANDAN	34	17	50%
YONDAN	34	20	60%
GODAN	34	24	70%
ROKUDAN	34	27	80%

B. SCORE SHEET:

1. Entry	G F P	12. Ude Garami	G F P
2. Kesa Gatame	G F P	13. Ude Hishigi Juji Gatame	G F P
3. Kata Gatame	G F P	14. Ude Hishigi Ude Gatame	G F P
4. Kami Shiho Gatame	G F P	15. Ude Hishigi Hiza Gatame	G F P
5. Yoko Shiho Gatame	G F P	16. Ashi Garami	G F P
6. Kuzure Kami Shiho Gatame	G F P	17. Exit	G F P

7. Kata Juji Jime
8. Hadaka Jime
9. Okuri Eri Jime
10. Kata Ha Jime
11. Gyaku Juji Jime

C. TOTALS:(r)

Total Good (G)	_____	x 2 =	_____
Total Fair (F)	_____	=	_____
Total Score	_____	=	_____

SECTION VII: DEMONSTRATION OF TEACHING METHODS-FOR YONDAN AND HIGHER RANKS.

A. SCORE AS IN SECS. V & VI:

SENIOR RANK	SECTION VII	MAXIMUM POSS. SCORE	PASSING SCORE	PASSING %
YONDAN	1-6	12	6	50%
GODAN	1-8	16	10	60%
ROKUDAN	1-10	20	14	70%

B. SCORE SHEET (HAVE THE EXAMINEE DEMONSTRATE TEACHING METHODS FOR 1 TECHNIQUE FROM EACH OF THE FOLLOWING EXAMINATIONS):

1. Rokyu (Name of technique: _____)	G	F	P
2. Gokyu (Name of technique: _____)	G	F	P
3. Yonkyu (Name of technique: _____)	G	F	P
4. Sankyu (Name of technique: _____)	G	F	P
5. Nikyu (Name of technique: _____)	G	F	P
6. Ikkyu (Name of technique: _____)	G	F	P
7. Shodan (Name of technique: _____)	G	F	P
8. Nidan (Name of technique: _____)	G	F	P
9. Sandan (Name of technique: _____)	G	F	P
10. Yondan (Name of technique: _____)	G	F	P

SECTION VIII: DEMONSTRATION OF ADDITIONAL KATA-FOR GODAN AND HIGHER RANKS.

Examinees for ranks higher than Yondan are required to demonstrate an additional Kata of the examinee's choice. The examiner should test the examinee as in Sections IV-VI on a separate sheet of paper (attach that sheet to this exam) & indicate the Kata performed and the total score below.

SENIOR RANK	PASSING PERCENTAGE:
GODAN	50% of the maximum possible score for the kata chosen
ROKUDAN	75% of the maximum possible score for the kata chosen

Name of additional Kata: _____
 Total Score: _____ Percentage of Maximum Possible score: _____

SECTION IX: RESULTS AND CERTIFICATION:

- A. Total score for the information & vocabulary (Sec.III) _____
 - B. Total score for the demonstration of techniques (Sec.IV) _____
 - C. Total score for the demonstration of Nage-no-Kata (Sec.V) _____
 - D. Total score for the demonstration of Katame-no-Kata (Sec.VI) _____
 - E. Total score for the demonstration of Teaching Techniques (Sec.VII) _____
 - F. Total score for the demonstration of the additional Kata (Sec.VII) _____
- Total Score: _____

G. The total passing scores for this exam are as follows:

SENIOR RANK	JUNIOR RANK	PASSING SCORE	BLACK BELT GRADES	PASSING SCORE
	1 st	13	SHODAN	413
	2 nd	24	NIDAN	450
	3 rd	36	SANDAN	480
Rokyu	4 th	50	YONDAN	503
	5 th	64	GODAN	523 + 50% OF MAXIMUM POSSIBLE
	6 th	79		SCORE FOR ADDITIONAL KATA
	7 th	92	ROKUDAN	544 + 75% OF MAXIMUM POSSIBLE
Gokyu	8 th	108		SCORE FOR ADDITIONAL KATA
	9 th	119		
	10 th	139		
	11 th	155		
Yonkyu	12 th	173		
	13 th	189		
	14 th	206		
	15 th	223		
Sankyu	16 th	239		
	17 th	257		
	18 th	273		
	19 th	293		
Nikyu	20 th	315		
Ikkyu		355		

For each section of the exam compare the examinee's score with the required passing score. If any section required for the rank applied for is failed, the examinee has failed the exam. If all sections have been passed the total score will be the same as or higher than the scores indicated above.

H. Indicate whether or not the examinee has passed the exam here:

Passed _____ Failed _____

I. Certification by the examiner:

I certify that all answers and scores recorded on this exam were properly earned by the applicant under the provisions of the Oklahoma Judo Association Rank System, with no outside help.

_____/ _____
 (Signature of examiner) (Date)

 (Printed name of examiner)