

**FILL IN and SIGN this form**



# UNITED STATES JUDO ASSOCIATION

## Recommendation for Promotion for All Senior Judo Ranks

October 2006

21 North Union Boulevard, Suite 200, Colorado Springs, CO 80909-5742  
 Toll-Free Number (877) 411-3409 Telephone: (719) 633-7750 Fax: (719) 633-4041  
 Website: [www.usja-judo.org](http://www.usja-judo.org) Email: [membership@usja-judo.org](mailto:membership@usja-judo.org)

<b>Section 1</b>		<b>Information and Instructions</b>			
<ol style="list-style-type: none"> <li>1. Promotions fees are \$15.00 for 6<sup>th</sup> through 4<sup>th</sup>, \$25.00 for 3<sup>rd</sup> through 1<sup>st</sup> kyu, \$100.00 for Shodan, \$125.00 for Nidan, \$150.00 for Sandan, \$175.00 for Yodan, \$200.00 for Godan, \$225.00 for Rokudan, \$275 for Shichidan, \$325.00 for Hachidan, \$375.00 for Kudan, and \$425.00 for Judan.</li> <li>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 page three of this form.</li> <li>3. Please make sure that the applicant is a current member of the USJA. If not please include fee for annual or life membership.</li> <li>4. Please make checks or money orders payable to the above address.</li> </ol>					
<b>Section 2</b>		<b>Information on Applicant</b>			
Name: _____		Date: <u>December 13, 2010</u>			
(First)                      (Middle Initial)                      (Last)					
Address: _____					
(Number and Street)					
City: _____		State: _____ Zip: _____			
Birth Date _____		Age _____ Telephone _____ Fax _____			
Club Sensei's Name <u>Joseph T. Wunderlich, Ph.D.</u>		Club Name: <u>Elizabethtown College Judo Club</u>			
Date You Started Judo <u>August 27, 2010</u>		Email Address _____			
<b>Section 3</b>		<b>Promotions Requirements Met Since Last Promotion</b>			
Present Rank <u>White Belt ("Beginner")</u>	Promotion Points for Class and Clinic Attendance (Tbl 3-4)	<u>6</u>			
Rank Recommended For: <u>ROKYU</u>	Promotion Points for Shiai/Kata competition (Tbl 3-5)	_____			
Existing Time in Grade: <u>3-1/2 Months</u>	Promotion Points for Service to Judo (Tbl 3-6)	_____			
<b>Certifications</b>	Promotion Points for Service to the USJA (Tbl 3-7)	_____			
Certifications aren't required unless used for service points or in lieu of testing!	Promotion Points for USJA Certifications (Tbl 3-8)	_____			
	Total Promotion Points Earned	<u>6</u> =====			
List any special awards or achievements the candidate has accomplished since his or her last promotion on a separate paper as necessary. This may include national or international competition, area national work, public relations, demonstrations etc.					
<b>Section 4</b>		<b>Time in Grade Requirements and Promotion Time Requirements</b>			
PROMOTION TO	TIME IN GRADE	POINTS	PROMOTION TO	TIME IN GRADE	POINTS
6 <sup>TH</sup> KYU (ROKYU)	3 MONTHS	6 POINTS	1 <sup>ST</sup> DEGREE (SHODAN)	1 YEAR	30 POINTS
5 <sup>TH</sup> KYU (GOKYU)	5 MONTHS	9 POINTS	2 <sup>ND</sup> DEGREE (NIDAN)	3 YEARS	65 POINTS
4 <sup>TH</sup> KYU (YONKYU)	6 MONTHS	12 POINTS	3 <sup>RD</sup> DEGREE (SANDAN)	4 YEARS	130 POINTS
3 <sup>RD</sup> KYU (SANKYU)	8 MONTHS	16 POINTS	4 <sup>TH</sup> DEGREE (YODAN)	5 YEARS	210 POINTS
2 <sup>ND</sup> KYU (NIKYU)	10 MONTHS	20 POINTS	5 <sup>TH</sup> DEGREE (GODAN)	7 YEARS	300 POINTS
1 <sup>ST</sup> KYU (IKKYU)	10 MONTHS	23 POINTS	6 <sup>TH</sup> DEGREE (ROKUDAN)	8 YEARS	410 POINTS
			7 <sup>TH</sup> DEGREE (SHICHIDAN)	9 YEARS	550 POINTS
			8 <sup>TH</sup> DEGREE (HACHIDAN)	11 YEARS	700 POINTS
			9 <sup>TH</sup> DEGREE (KUDAN)	<b>TO BE DETERMINED BY THE BOARD OF EXAMINERS AND APPROVED BY THE BOARD OF DIRECTORS</b>	
			10 <sup>TH</sup> DEGREE (JUDAN)		

**Section 5****Certification by Instructor and/or Examiners**

**Recommendation by the Instructor:** I certify that my student \_\_\_\_\_ has met all other requirements for this promotion and I authorize him/her to be \_\_\_ examined only  examined and promoted to ROKYU in accordance with USJA policies and procedures.

Signature of Instructor \_\_\_\_\_ Date December 13, 2010  
 Printed name of Instructor Joseph T. Wunderlich, Ph.D.

**Certification by the Candidate:** I certify that all the answers and scores recorded on the rank exam were properly earned and that the indicated promotion points and time in grade are correct and true.

Signature of Candidate \_\_\_\_\_ Date December 13, 2010  
 Printed name of Candidate \_\_\_\_\_ Rank of Instructor Shodan

**Certification by the Examiners:** We certify that the above named candidate \_\_\_ has not passed  has passed the appropriate USJA Senior Rank Exam as administrated by me for the rank of ROKYU

Signature of Examiner #1 \_\_\_\_\_ Date December 13, 2010  
 Printed name of Examiner #1 \_\_\_\_\_ Rank of Examiner #1 Shodan  
 Signature of Examiner #2 \_\_\_\_\_ Date \_\_\_\_\_  
 Printed name of Examiner #2 \_\_\_\_\_ Rank of Examiner #3 \_\_\_\_\_  
 Signature of Examiner #3 \_\_\_\_\_ Date \_\_\_\_\_  
 Printed name of Examiner #3 \_\_\_\_\_ Rank of Examiner #3 \_\_\_\_\_

**Section 6****Judo History—Must be Completed for all Promotions**

<b>Date Started</b> <u>August 27, 2010</u>	Date of 1 <sup>st</sup> Degree (Shodan) _____
Date of 6 <sup>th</sup> Class (Rokkyu) _____	Date of 2nd Degree(Nidan) _____
Date of 5 <sup>th</sup> Class (Gokyu) _____	Date of 3rd Degree(Sandan) _____
Date of 4 <sup>th</sup> Class (Yonkyu) _____	Date of 4 <sup>th</sup> Degree (Yodan) _____
Date of 3 <sup>rd</sup> Class (Sankyu) _____	Date of 5 <sup>th</sup> Degree (Godan) _____
Date of 2nd Class (Nikyu) _____	Date of 6 <sup>th</sup> Degree (Rokudan) _____
Date of 1st Class (Ikkyu) _____	Date of 7 <sup>th</sup> Degree (Shichidan) _____
	Date of 8 <sup>th</sup> Degree (Hachidan) _____
	Date of 9 <sup>th</sup> Degree (Kudan) _____

**Return Certificate to:**  Club Coach \_\_\_\_\_  Individual \_\_\_\_\_  Club Secretary

**Please charge my card:** \_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ Discover  Check or Money Order Enclosed

**Name as it appears on card (printed)** \_\_\_\_\_

**Card Number** \_\_\_\_\_ **Expiration Date:** \_\_\_\_\_

**Authorized Signature:** \_\_\_\_\_ **Promotion Fee Enclosed** \$ 15

**USJA Membership Enclosed** \$ \_\_\_\_\_

# 2010 First Year Seminar FYS100C Scientific Modeling for Sport - JUDO

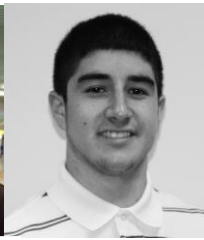
J. Wunderlich Ph.D., Associate Professor of Engineering, Shodan  
Elizabethtown College, Elizabethtown, PA



**KIRSTEN** Barone  
Zumikon, Switzerland  
Inter-Community School  
Elementary Ed  
**HIP group**



**NATE** Blunk  
State College, PA  
State College Area H.S.  
Modern Languages  
**FOOT-group UKE**



**KEVIN** Bonnes  
Folsom, PA  
Ridley Senior H.S.  
Business  
**SACRIFICE group**



**JEFF** Boyer  
Allentown, PA  
Parkland High School  
Business  
**LEG group**



**CHRIS** Elias  
Moorestown, NJ  
Moorestown Friends Sc  
Engineering  
**LEG group**



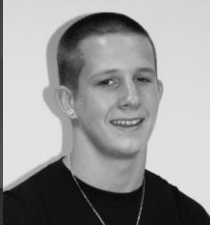
**STEVE** Ennis  
Ashland, PA  
North Schuylkill H.S.  
Math Ed  
**SACRIFICE group**



**NICK** Grimm  
Lewistown, PA  
Indian Valley H.S.  
Social Studies Ed  
**SACRIFICE group**



**KIRIE** Kontostathis  
Pottstown, PA  
Pottsgrove H.S.  
Comp Sci  
**HIP group**



**MIKE** Henning  
Germantown, MD  
Northwest H.S.  
Education  
**SACRIFICE group**



**TUYEN** Le  
Lawndale, CA  
Lawndale H.S.  
Engineering  
**FOOT group**



**KURT** McCarthy  
North Conway, NH  
Kennett H.S.  
Comp Engr  
**HIP group**



**ADRIANA** Milanian  
Nutley, NJ  
Nutley High School  
Criminal Justice  
**FOOT group**



**JACOB** Moore  
Cambria Heights, NY  
LGCS High School  
Comp Sci  
**LEG group**



**AGNETHA** Serrame  
Voorhees, NJ  
Eastern Regional H.S.  
Engineering  
**HIP group**



**BETSY** Showers  
Biglerville, PA  
Biglerville H.S.  
Elementary Ed  
**FOOT group**



**CHRISTIAN** Tunis  
Brick, NJ  
Brick Township H.S.  
Undecided  
**LEG group**



**KIMBERLY** Wendling  
Merion Station, PA  
Merion Mercy Academy  
Math Education  
**FOOT group**

**FYS 100 “Scientific Modeling for Sport”****JUDO**

Fall 2010 Final Exam

**J. WUNDERLICH PHD, SHODAN**

This exam has four parts totaling 300 points. For promotion to the USJA rank of ROKYU (yellow belt) you must earn a grade of 75% on parts One and Two (150 points out of a 200). *This is a closed-book, closed-notes exam.*

**Part One. DEMONSTRATIONS** (each is worth 4 points – graded 0, 1, 2, 3, or 4) (100 points total)**NAGE WAZA (Throwing Techniques)**Demonstrate **SIX** of the following throws (**AS SELECTED BY INSTRUCTOR**):

___ DE ASHI HARAI	Advanced Foot Sweep
___ HIZA GURUMA	Knee Wheel
___ O SOTO GARI	Large ( <i>major</i> ) Outer Reap
___ O UCHI GARI	Large ( <i>major</i> ) Inner Reap
___ KO UCHI GARI	Small ( <i>minor</i> ) Inner Reap
___ OKURI ASHI HARAI	Sliding ( <i>assisting</i> ) Foot Sweep
___ O GOSHI	Large ( <i>major</i> ) Hip
___ UKI GOSHI	Floating Hip
___ UKI OTOSHI	Floating Drop

Demonstrate **THREE** of the following counter throws (**AS SELECTED BY INSTRUCTOR**):*Uke attacks with:*➔ *Tori (you) counter with:*

___ DE ASHI HARAI	➔ TSUBAME GAESHI (“Swallow’s Mouth” Counter )
___ O SOTO GARI	➔ O SOTO GAESHI (Large ( <i>major</i> ) Outer Reap Counter)
___ O UCHI GARI	➔ O UCHI GAESHI (Large ( <i>major</i> ) Inner Reap Counter)
___ KO UCHI GARI	➔ KO UCHI GAESHI (Small ( <i>minor</i> ) Inner Reap Counter)
___ UKI or O GOSHI	➔ USHIRO GOSHI (Back Hip Counter)
___ UKI or O GOSHI	➔ UTSURI GOSHI (Shift Hip Counter)
___ UKI or O GOSHI	➔ Hip Block, and defensive posture

Name (in English & Japanese) and demonstrate a throw from your research group **that is not shown above**

\_\_\_ English: \_\_\_\_\_ Japanese: \_\_\_\_\_

Name (in English & Japanese) and demonstrate **just KUZUSHI** for another throw from your research group **that is not shown above**

\_\_\_ English: \_\_\_\_\_ Japanese: \_\_\_\_\_

Name (in Japanese) and demonstrate any combination throw of your choosing

\_\_\_ THEN \_\_\_\_\_

**OSAEKOMI WAZA (Holding Techniques)**Demonstrate **ALL** of these holds:

___ YOKOSHIHO GATAME	Side Hold
___ KATA GATAME	Shoulder Hold
___ KESA GATAME	Scarf Hold

**FUSEGI (Escapes from Matwork Attacks)**

\_\_\_ Demonstrate an escape from KESA GATAME

**MISCELLANEOUS** (All designated Uke’s automatically receive a perfect score for all of these)Demonstrate **ALL** of the following:

- |  |  |
|--|--|
| ___ 1) MA UKEMI (Back fall)                        | ___ 5) Stretch for back & groin muscles, and Achilles Tendon |
| ___ 2) YOKO UKEMI (Side Fall)                      | ___ 6) Kneeling RANDORI (Free practice) with eyes closed     |
| ___ 3) ZEMPO KAITEN UKEMI (Front rolling fall)     | ___ 7) Standing RANDORI (Free practice)                      |
| ___ 4) Foot sweep practice (with upper body twist) | ___ 8) How well you protected your Uke during exam           |
|  | ___ 9) Proper bowing, discipline, and quietness during exam  |

## **Part Two. JAPANESE VOCABULARY and General Information (100 points)**

Fill in the Blanks with the English translation of each:

<b>RANKS (list belt colors)</b>	
1	ROKYU
2	GOKYU
3	YONKYU
4	SANKYU
5	NIKYU
6	IKKYU
7	SHODAN
<b>Break-Falls (Fall Arrests)</b>	
	UKEMI
8	USHIRO ukemi
9	YOKO ukemi
10	MAEO ukemi
11	ZEMPO KAITEN
<b>Postures</b>	
12	SHIZEN HONTAI MIGI / HIDARI
13	SHIZENTAI
14	JIGO HONTAI
15	MIGI / HIDARI JIGOTAI
<b>Movements</b>	
16	AYUMI ASHI
17	TSUGI ASHI
18	TAI SUBAKI
<b>Techniques</b>	
WAZA's	
19	TACHI waza
20	- NAGE waza
21	- TE waza
22	- KOSHI waza
23	- ASHI waza
24	- SUTEMI waza
25	- MA SUTEMI waza - YOKO SUTEMI
26	waza
27	KATEME (or NE) waza
28	- OSAEKOMI waza
29	- SHIME waza
30	- KANETSU waza
31	ATEMI waza
<b>Prearranged Forms</b>	
KATA's	
32	NAGE NO KATA
<b>OTHER Common</b>	
Sensei and Referee Verbalizations'	
33	ICHI

34	NI
35	SAN
36	SHI
37	GO
38	ROKU
39	SITI
40	HATI
41	KU
42	JUU
43	IPPON
44	YUKO
45	WAZA ARI
46	KOKA
47	TORI
48	KIOTSUKE
49	HAJIME
50	REI
51	YOSHI
52	YUSEI GACHI
53	UKE
54	SONO MAMA
55	HIKI WAKE
56	KAKE
57	UCHI KOMI
58	RANDORI
59	OSAE KOMI
60	TOKETA
61	TATAMI
62	JUDOKA
63	GI
64	HANSOKU MAKE
65	CHUI
66	HANTEI
67	TSUKURI
68	KEIKOKU
69	SHIDO
70	MATTE
71	SENSEI
72	SORE MADE
73	SHIAI
74	KUZUSHI
75	JUDO

List in English AND JAPANESE **FIVE** of the throws from your research group:

- 76
- 77
- 78
- 79
- 80

81. (10 points) **JUDO HISTORY AND PHILOSOPHY:** Name the Founder of Judo and compare his philosophies to what you learned about MIND, BODY, and SPIRIT in this course.

82. (10 points) **JUDO "WAYS:"** Discuss what you learned in this course about the similarities and differences of Jujitsu, Free-style Wrestling, and Judo.

### **Part Three. Physics** (80 points)

1) **JUDO FREE BODY DIAGRAMS:** Sketch stick-figure Free Body Diagrams AND describe in words both the kuzushi AND execution forces for each of the following throws (30 points):

A. HIZA GURUMA      Knee Wheel

B. O SOTO GARI      Large(*major*) Outer Reap

C. O GOSHI      Large(*major*) Hip

2) **JUDO SETUP AND EXECUTION PHYSICS:** Describe in words the setup and execution physics of combining O-Uchi-Gari and Ko-Uchi-Gari one after the other repeatedly. (10 points)



3) **PHYSICS OF A FALL:** Describe in words the physics of the two parts of a fall from a high place. (10 points)

4) **JUDO PHYSICS OF A FALL:** Describe in words the theory behind attempting to dampen a Judo fall. (10 points)

5) **JUDO ANGULAR MOMENTUM:** Describe in words how “Conservation of Angular Momentum” applies to the rotational speed of Judo rolls. (10 points)

6) **JUDO GROUND REACTION FORCE:** Sketch graphs of the vertical ground reaction force of someone falling backwards when (a) stopping their fall with their hand; and (b) performing proper Ukemi. (10 points)

**Part Four. Intellectual Engagement Experiences(IEE's)** (20 points)

ON THE NEXT PAGE,  
Write a reflection essay about  
the IEE sessions

Make sure you include  
which one's you enjoyed  
most and why

	DATE	TIME		LOCATION	TOPIC
		Start	End		
1	Fri Sept 3	11:00 AM	11:50 AM	TH105	Strategies for Staying Fit and Well
2	Wed Sept 8	11:00 AM	12:25 AM	E273	Foreign Film: "The Seven Samurai" part 1
3	Wed Sept 15	11:00 AM	11:50 AM	TH Gym	Everyday Leadership
4	Mon Sept 20	11:00 AM	3:00 PM	Student Center Terrace	Study Abroad Fair ( <i>just attend 1 hour</i> )
5	Wed Sept 22	11:00 AM	11:50 AM	Student Center KAV	International Fashion Show
6	Wed Sept 29	11:00 AM	11:50 AM	TH Gym	Priorities and Choices
7	Wed Sept 29	7:30 PM	-	Student Center KAV	Girls Fight Back
8	Wed Oct 13	11:00 AM	11:50 AM	TH105	Living a Balanced Life
9	Wed Oct 13	7:30 PM	-	Student Center KAV	Don't Judge a Book by It's Noises
	<i>Wed Oct 20</i>	<i>11:00 AM</i>	<i>11:50 AM</i>	<i>Your Department</i>	<i>Departmental Advising</i>
10	Wed Oct 27	11:00 AM	12:25 AM	E273	Foreign Film: "The Seven Samurai" part 2
11	Wed Nov 3	9:30 AM	11:00 AM	E273	Reflections 1
12	Wed Nov 3	11:00 AM	11:50 AM	Chapel	Contemporary America Values
13	Wed Nov 10	11:00 AM	12:30 PM	E273	Reflections 2
14	Thur Nov 16	7:30 PM	-	The Young Center	The Amish Way
15	Sat Nov 20	10:00 AM	6:00 PM	CANCELED	American Indians ( <i>just attend 1 hour</i> )

**MAKE-UP FOR MISSING IEE's:**

For missing IEE-8 "Living a Balanced Life" go to the wellness center in TH and get a wellness form; fill it out and put it in your portfolio, then find wellness center website and read & summarize what is on it. For missing IEE-9 "Don't Judge a Book by It's Noises" go to the center for student success and ask about all of the different disabilities the center is equipped to help with, and what specifically they do to help.

OR:

**For first miss:** Over Thanksgiving Break, interview your Mom about her life in her teens and twenties

**For second miss:** Over Thanksgiving Break, interview your Dad about his life in his teens and twenties

**For third miss:** Spend an hour in a religious service of your choosing

**For fourth miss:** Spend an hour in a martial arts class somewhere off-campus

Reflection Essay for FYS100 ***Scientific Modeling for Sport*** Intellectual Engagement Experience's (IEE's) 2010.