

FILL IN and SIGN this form



UNITED STATES JUDO ASSOCIATION

Recommendation for Promotion for All Senior Judo Ranks

October 2011

PO Box 1880 Tarpon Springs FL 34688-1880

Phone 877-411-3409 Fax 888-276-3432

Website: www.usja-judo.org Email: membership@usja-judo.org

Section 1 Information and Instructions					
<ol style="list-style-type: none"> 1. Promotions fees are \$15.00 for 6th through 4th, \$25.00 for 3rd through 1st 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. 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. 3. Please make sure that the applicant is a current member of the USJA. If not please include fee for annual or life membership. 4. Please make checks or money orders payable to the above address. 					
Section 2 Information on Applicant					
Name: _____			Date: <u>December 7, 2011</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 26, 2011</u>			Email Address _____		
Section 3 Promotions Requirements Met Since Last Promotion					
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)		_____	
Certifications		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.					
Section 4 Time in Grade Requirements and Promotion Time Requirements					
PROMOTION TO	TIME IN GRADE	POINTS	PROMOTION TO	TIME IN GRADE	POINTS
6 TH KYU (ROKYU)	3 MONTHS	6 POINTS	1 ST DEGREE (SHODAN)	1 YEAR	30 POINTS
5 TH KYU (GOKYU)	5 MONTHS	9 POINTS	2 ND DEGREE (NIDAN)	3 YEARS	65 POINTS
4 TH KYU (YONKYU)	6 MONTHS	12 POINTS	3 RD DEGREE (SANDAN)	4 YEARS	130 POINTS
3 RD KYU (SANKYU)	8 MONTHS	16 POINTS	4 TH DEGREE (YODAN)	5 YEARS	210 POINTS
2 ND KYU (NIKYU)	10 MONTHS	20 POINTS	5 TH DEGREE (GODAN)	7 YEARS	300 POINTS
1 ST KYU (IKKYU)	10 MONTHS	23 POINTS	6 TH DEGREE (ROKUDAN)	8 YEARS	410 POINTS
			7 TH DEGREE (SHICHIDAN)	9 YEARS	550 POINTS
			8 TH DEGREE (HACHIDAN)	11 YEARS	700 POINTS
			9 TH DEGREE (KUDAN)	TO BE DETERMINED BY THE BOARD OF EXAMINERS AND APPROVED BY THE BOARD OF DIRECTORS	
			10 TH 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 7, 2011
 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 7, 2011
 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 7, 2011
 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**

Date Started <u>August 26, 2011</u>	Date of 1 st Degree (Shodan) _____
Date of 6 th Class (Rokkyu) _____	Date of 2nd Degree(Nidan) _____
Date of 5 th Class (Gokyu) _____	Date of 3rd Degree(Sandan) _____
Date of 4 th Class (Yonkyu) _____	Date of 4 th Degree (Yodan) _____
Date of 3 rd Class (Sankyu) _____	Date of 5 th Degree (Godan) _____
Date of 2nd Class (Nikyu) _____	Date of 6 th Degree (Rokudan) _____
Date of 1st Class (Ikkyu) _____	Date of 7 th Degree (Shichidan) _____
	Date of 8 th Degree (Hachidan) _____
	Date of 9 th 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 \$ _____

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

Fall 2011 Final Exam

J. WUNDERLICH PHD, SHODAN

This exam is worth 200 points. For promotion to the USJA rank of ROKYU (yellow belt) you must earn a grade of at least 150 (75%). This is a closed-book, closed-notes exam. *GOKYU (orange belt) candidates, since they've already passed a similar exam in a previous version of this course, will be given a marked-up variation of this exam (with additional requirements) and must earn a score of at least 85% on the demonstration section, and a 75% on the first section (which is open-book).*

(25 points) **JAPANESE VOCABULARY:** Fill in Blanks with English translation.

UCHI	
SOTO	
WA	
OMOIYARI	
ENRYO	
KENSON	
TORI	
KI O TSUKE	
HAJIME	
REI	
YOSHI	
SONO MAMA	
OSAE KOMI	
MATTE	
DE	
GAESHI	
UCHI KOMI	
HIDARI	
O	
KO	
KUZURE	
GARI	
USHIRO	
MIGI	
KUZUSHI	

(10 points) **JUDO PHILOSOPHY:** List 10 of the things Dr. Wunderlich stated that Jigoro Kano wanted Judo to be.

(20 points) **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.

A. HIZA GURUMA Knee Wheel

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

C. O GOSHI Large(*major*) Hip

(5 points) **PHYSICS OF A JUDO FALL:** Describe in words the theory behind dampening a Judo fall.

(12 points) **THE SEVEN SAMURAI:** Pick one of the seven samurai and describe TWO specific experiences of that Samurai FOR EACH of the three parts of the movie. Name or simply describe Samurai you picked: _____

“TEAM BUILDING” *The Seven Samurai (part 1):*

“MINDS and HEARTS” *The Seven Samurai (part 2):*

“SACRIFICE” *The Seven Samurai (part 3):*

(8 points) **RELIGION AND THE MARTIAL ARTS:** List **FOUR** separate specific things that you learned from Dr. Jeff Long’s talk on **“MEDITATION AND RELIGION IN MARTIAL ARTS”**

(10 points) **LEADERSHIP AND CHARACTER DEVELOPMENT:** List **FIVE** separate specific things that you learned from Coach Schlosser’s talks.

(10 points) **LEADERSHIP AND CHARACTER DEVELOPMENT:** Write a paragraph elaborating on one of the five things you listed above that you learned from Coach Schlosser’s talks.

DEMONSTRATIONS (WORTH 100 POINTS TOTAL)

NAME _____

Each demonstration is worth 4 points (graded 0, 1, 2, 3, or 4):

- 0 = NO DEMONSTRATION
- 1 = POOR
- 2 = FAIR
- 3 = VERY GOOD
- 4 = EXCELLENT

WARM-UP AND INJURY PREVENTION

Demonstrate ALL **FOUR** of the following:

- ___ 1) Breathing/counting while performing squats
- ___ 2) Breathing/counting while performing sit-ups
- ___ 3) Lunge/twist stretch
- ___ 4) Breathing/counting while performing jumping-jacks

FORMAL THROWING TECHNIQUES (NAGE WAZA)

Demonstrate (and VERBALIZE KUZUSHI and THROW MECHANICS if asked) for **FOUR** of the following throws (**SELECTED BY INSTRUCTOR**):

- | | |
|-----------------------------------|---|
| ___ O SOTO GARI | Large(<i>major</i>) Outer Reap |
| ___ DE ASHI HARAI | Advanced Foot Sweep |
| ___ HIZA GURUMA | Knee Wheel (<i>whirl</i>) |
| ___ 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 |
| ___ other (for advanced students) | _____ |
| ___ other (for advanced students) | _____ |
| ___ other (for advanced students) | _____ |
| ___ other (for advanced students) | _____ |

SELF DEFENSE

Demonstrate **ONE** personal Judo defense against a violent non-Judo attacker (**SELECTED BY INSTRUCTOR**):

- ___ Someone pushing you
- ___ Someone pulling you somewhere
- ___ Someone swinging something at your head

CAPTURE

- ___ Demonstrate your favorite Judo method for capturing someone (as in police-work)

SPORT COMBINATION (RENWAKU WAZA)

- ___ Demonstrate your favorite combination of throws for earning an Ippon in a tournament

COUNTERS (BOGYO Defense Against Throws and KAESHI-NO-WAZA Counter Throw)

Demonstrate **ONE** of these counters (**SELECTED BY INSTRUCTOR**):

- | | |
|--------------------------|---|
| Uke attacks with: | ➔ Tori (you) counter with: |
| ___ O SOTO GARI | ➔ O SOTO GAESHI |
| ___ DE ASHI HARAI | ➔ TSUBAME GAESHI |
| ___ O UCHI GARI | ➔ O UCHI GAESHI |
| ___ KO UCHI GARI | ➔ KO UCHI GAESHI |
| ___ UKI or O GOSHI | ➔ UTSURI or USHIRO GOSHI (or block if instructed allowed) |

GRIPPING FORMS (KUMI KATA)

- ___ Demonstrate Standard sleeve and lapel grip
- ___ Grip-fighting demonstration

HOLDING TECHNIQUES (OSAEKOMI WAZA)

Demonstrate **TWO** of these holds (**SELECTED BY INSTRUCTOR**):

- | | |
|-----------------------|---------------|
| ___ KESA GATAME | Scarf Hold |
| ___ YOKO SHIHO GATAME | Side Hold |
| ___ KATA GATAME | Shoulder Hold |

ENTRY TECHNIQUES INTO MATWORK (HAIRI WAZA)

- ___ Demonstrate any entry attack into matwork.

FALL ARRESTS (UKEMI)

Demonstrate ALL **THREE** of the following:

- ___ MA UKEMI
- ___ YOKO UKEMI
- ___ ZEMPO KAITEN UKEMI
- Back fall
- Side Fall
- Front rolling fall

RANDORI, extra throws, or Uke for many (ONE SELECTED BY INSTRUCTOR – worth 8 POINTS):

- ___ Two minutes of ground RANDORI
- ___ Two minutes of standing RANDORI
- ___ Two throws not asked for above
- ___ Designated Uke for many others during testing (advanced students only)

CONDUCT, SELF-DISCIPLINE and OVERALL PERFORMANCE

- ___ Protecting Uke's from injury
- ___ Behavior during entire three-hours of testing
- ___ OVERALL PERFORMANCE (AND APPARENT PREPARATION)