

FILL IN and SIGN this form (BOTH PAGES)



UNITED STATES JUDO ASSOCIATION

Recommendation for Promotion for All Senior Judo Ranks

PO Box 1880, Tarpon Springs, FL 34688

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

Section 1 Information and Instructions

1. Promotions fees are \$20.00 for 6th through 4th, \$30.00 for 3rd through 1st kyu, \$125.00 for Shodan, \$150.00 for Nidan, \$175.00 for Sandan, \$200.00 for Yodan, \$225.00 for Godan, \$250.00 for Rokudan, \$300 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 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: December 5, 2012
 (First) (Middle Initial) (Last)
 Address: _____
 (Number and Street)
 City: _____ State: _____ Zip: _____
 Birth Date _____ Age _____ Telephone _____ Fax _____
 Club Sensei's Name Joseph T. Wunderlich, Ph.D. Club Name: Elizabethtown College Judo
 Date You Started Judo August 26, 2012 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 Certifications aren't required unless used for service points or in lieu of testing!	Promotion Points for Service to the USJA (Tbl 3-7)	_____
	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)		

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

Fall 2012 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.

- 1) (25 points) **JAPANESE VOCABULARY:** State English translation for:
AMAE, KENSON, ENRYO, ON, GIRI, OMOIYARI, GAMAN, AIMAI, SASSURU, HAJI, TATEMAE, HAJI, TATEMAE, HONNE, AIMAI, WA, SOTO, UCHI, UCHI KOMI, MATTE, O, KO, REI, GARI, HAJIME, KI O TSUKE, KUZUSHI
- 2) (5 points) **JUDO PHYSICS:** Describe one of the three different types of MECHANICAL LEVERS discussed in Dr. Wunderlich’s biomechanics lectures; Then, for each, imagine and list a judo technique that demonstrates it (explain your thoughts).
- 3) (5 points) **JUDO PHYSICS:** Briefly describe what you learned about muscles from Dr. DeGoede’s biomechanics lecture.
- 4) (15 points) **JUDO PHYSICS:** Sketch stick-figure Free Body Diagrams AND describe in words both the kuzushi AND execution forces for each of the following throws:
 - A. UKI GOSHI
 - B. O UCHI GARI
 - C. O GOSHI
- 5) (10 points) **JUDO PHYSICS:**
 - A) For your body mechanics, what do you think is the best Judo technique for Judo competition and why.
 - B) For your body mechanics, what do you think is the best Judo technique for Judo self-defense and why.
- 6) (10 points) **RELIGION AND THE MARTIAL ARTS:** List FIVE separate specific things you learned from Dr. Jeff Long’s talk on “EASTERN RELIGIONS AND ORIGINS OF THE MARTIAL ARTS” and/or Dr. Mahua Bhattacharya talk on “JAPANESE CUSTOMS AND WORD MEANINGS” – for her talk you must list something other than a simple word translation (i.e., state extended meaning), or describe a Japanese custom . (any combination of five answers from both talks is ok)
- 7) (10 points) **GOALS AND THANKFULNESS:** List FIVE separate specific things you learned from Coach Schlosser’s talks on “Goal-Setting” and “Being Thankful” – you may list ONLY two things you’re simply thankful for.
- 8) (5 points) **CONFLICT RESOLUTION:**
How does judo help you confront and resolve conflict (physical and mental) in everyday life outside of our Dojo.
- 9) (15 points) **COMMUNITY DEVELOPMENT:** Sketch and label an arial (“plan”) view of your entire minecraft virtual GREEN village created by you and the other three people in your village. Then list (or put on your map) all GREEN things done in your village by you and others. You may extend your map across two pages if you wish.

EXTRA WORK IF YOU’RE INJURED AND NOT FULLY PERFORMING ALL REQUIRED DEMONSTRATIONS

- 10) (10 points) **JAPANESE VOCABULARY:** Fill in Blanks with English translation.
ROKYU, GOKYU, YONKYU, SANKYU, NIKYU, IKKYU, SHODAN, NE waza, KEIKOKU, SHIDO
- 11) (40 points) **JUDO PHYSICS** Sketch stick-figure Free Body Diagrams AND describe in words both the kuzushi AND execution forces of the five other THROWS learned in class, but not asked about in question #4 above. Then sketch stick-figure Free Body Diagrams AND describe in words the forces of all 3 HOLDS.

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 (or highest score if you're injured and just describing techniques using TA's. Your other 50 points is from supplemental written questions)

3 = VERY GOOD

4 = EXCELLENT

WARM-UP AND INJURY PREVENTION Demonstrate **TWO (SELECTED BY INSTRUCTOR)**:

____ Dynamic Stretching ____ Lunge/twist stretch ____ Jumping-jacks (while counting in Japanese)

FORMAL THROWING TECHNIQUES (TACHI WAZA)

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

____ O SOTO GARI Large (*major*) Outer Reap
____ DE ASHI HARAI Advanced Foot Sweep
____ HIZA GURUMA Knee Wheel (*whirl*)
____ O UCHI GARI Large (*major*) Inner Reap
____ KO UCHI GARI Small (*minor*) Inner Reap
____ OKURI ASHI HARAI Sliding (*assisting*) Foot Sweep
____ O GOSHI Large (*major*) Hip
____ UKI GOSHI Floating Hip
____ 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 **TWO (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 palm-strike block if instructor allows)

GRIPPING FORMS (KUMI KATA)

____ Demonstrate standard sleeve and lapel grip

HOLDING TECHNIQUES (OSAEKOMI WAZA)

____ KESA GATAME Scarf Hold
____ YOKO SHIHO GATAME Side Hold
____ KATA GATAME Shoulder Hold

MATWORK (HAIRI WAZA)

____ Break-down opponent in wrestling start-position
____ Turn over opponent with a half-nelson
____ Turn over opponent with an arm bar (advanced Judo students) or ____ Special cross-training question
____ Escape from the wrestling start position (stand-up, escape)

FALL ARRESTS (UKEMI)

____ MA UKEMI Back fall
____ YOKO UKEMI (HIDARI) Side Fall (LEFT)
____ YOKO UKEMI (MIGI) Side Fall (RIGHT)
____ ZEMPO KAITEN UKEMI Front rolling fall

RANDORI or an extra throw (ONE SELECTED BY INSTRUCTOR):

____ Two minutes of ground RANDORI ____ Two minutes of standing RANDORI
____ A throw not asked for above