

**FYS 100 “Scientific Modeling for Sport”**  
Fall 2013 Exams

**J. WUNDERLICH PHD, SHODAN**

These exams are worth 200 points total. For promotion to the USJA rank of ROKYU (yellow belt) you must earn a grade of at least 150 (75%). These are closed-book, closed-notes exams.

**Students, FILL IN ALL GREY BOXES and SIGN this form**



# UNITED STATES JUDO ASSOCIATION

## Recommendation for Promotion for All Senior Judo Ranks

PO Box 1880, Tarpon Springs, FL 34688

Toll-Free Number (877) 411-3409 Telephone: (727) 937-7120 Fax: (888) 276-3432

Website: [www.usja-judo.org](http://www.usja-judo.org) Email: [membership@usja-judo.org](mailto:membership@usja-judo.org)

### Section 1 Information and Instructions

- Promotions fees are \$20.00 for 6<sup>th</sup> through 4<sup>th</sup>, \$30.00 for 3<sup>rd</sup> through 1<sup>st</sup> 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.
- 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.
- Please make sure that the applicant is a current member of the USJA. If not please include fee for annual or life membership.
- Please make checks or money orders payable to the above address.

### Section 2 Information on Applicant

Name:  Date: December 4, 2013  
(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 23, 2013 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)	_____
	<b>Total Promotion Points Earned</b>	<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 <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)	TO BE DETERMINED BY THE BOARD OF EXAMINERS AND APPROVED BY THE BOARD OF DIRECTORS	
			10 <sup>TH</sup> DEGREE (JUDAN)		



**Section 7****Standardization Changes Since Last Printing of Senior Hand Book**

- (1) All students must meet certain minimum requirements to become eligible for promotion. They must then pass an exam and be recommended for promotion by their instructor.
- (2) All recommendations for promotions must be submitted to the USJA National Office on the proper recommendation for promotion form for approval. Candidates for all kyu promotions must be examined and approved by a club instructor who is one or more ranks higher and be ratified by the USJA National Office. All promotions are reviewed by the USJA National Office to ensure that all minimum promotion requirements have been met and have been properly documented.
- (3) All promotions for shodan or nidan must be examined and recommended by their instructor or a USJA dan one rank higher in grade, than the rank applying for, before being approved by the USJA National Office.
- (4) All promotions for sandan must be examined and recommended by a USJA Senior, National or Master Rank Examiner. This additional requirement ensures that the candidates have a thorough knowledge of all USJA rank system technical requirements.
- (5) All promotions for yodan must be examined and recommended by a USJA National or Master Rank Examiner and further approved by the National Promotion Board.
- (6) All promotions for godan must be examined and recommended by a USJA Master Examiner and further approved by the National Promotion Board.
- (7) All promotions for rokudan must be examined and recommended by two USJA Master Examiners and further approved by the National Promotion Board.
- (8) All promotions to the rank of shichidan must be examined and recommended by three USJA Master Examiners, approved by the National Promotion Board and ratified by the USJA Board of Directors.
- (9) All promotions to the rank of hachidan and kudan must be examined and recommended by three USJA Master Examiners, approved by the National Promotion Board and ratified by the USJA Board of Directors.

**Section 8****Additional Requirement Changes Since Last Printing of Senior Hand Book**

- (1) A \$30.00 Non-refundable processing fee must accompany all promotion recommendations to yodan and higher. The remainder of the promotion fee must be remitted on notification of successfully passing to the rank applied for.
- (2) Minimum time as a USJA student and current membership in a USJA Chartered Club.
- (3) Minimum time in grade as a registered member of previous rank. If the candidate is a Life Member, that candidate must show continuous membership by sustaining their life membership with a \$30.00 donation every year since their last promotion.
- (4) A passport photograph of the candidate. The photograph may be in the form of an electronic file.
- (5) A synopsis of all judo related activities since the candidate's last promotion. The synopsis shall include but not be limited to the requirements listed in value of points and time in grade.
- (6) A completed rank examination (Sr. Judo Test booklet) with endorsement of Certified Rank Examiners must accompany application.
- (7) A recommendation by one's instructor.
- (8) A completed and cleared background check, either through the USJA, USJI or USJF if you are:
  - a. A Chair Person or member of a USJA Committee
  - b. A member of the USJA Board of Directors or a Corporate Officer
  - c. An applicant for USJA Instructor Certification - both new and renewing
  - d. An applicant for USJA Coach Certification - both new and renewing
  - e. An applicant for USJA Referee Certification - both new and renewing
  - f. An applicant for USJA Yudansha promotion to any rank of 1st Dan or higher
  - g. A USJA member claiming promotion points for Coaching activities.

**Please note!** All examiners (Life Members Included) must be a **current** or **sustained** member with the USJA and belong to a USJA Chartered Club and have an appropriate examiner status to recommend promotions.

**Please note!** All paper work must reach the National Office forty-five (45) days prior to the next scheduled promotion board meeting

# **FIRST TEST** (100 points)

1) (50 points) **JUDO PHYSICS**

Sketch stick-figure Free Body Diagrams (i.e., show vectors) AND describe in words both the kuzushi AND execution forces for each of the following:

A. O SOTO GARI (Major Outer Reaping throw)

B. HIZA GURUMA (Knee Wheel throw)

C. O GOSHI (Major Hip throw)

D. O UCHI GARI (Major Inner Reap throw)

E. Any defense you can think of against a hip throw

2) (5 points) **JUDO PHYSICS**

For your body mechanics, what do you think is the best Judo technique for you and why

3) (10 points) **JUDO SAFETY**

Discuss all the ways we keep each other safe during Judo (you AND your partner)

4) (10 points) **JUDO HISTORY and PHILOSOPHY**

Discuss what Jigoro Kano intended Judo to be, and perhaps how that has changed over the past 100+ years

- 5) (25 Points) **SPECIAL LECTURES & ACTIVITIES (we had 17)**  
ANSWER ONLY FIVE OF THE FOLLOWING QUESTIONS (*only the first five answered will be graded*):

Discuss what you learned from Coach Schlosser on Goal-Setting and Being Thankful

Discuss what you learned from Dr. DeGoede's biomechanics lecture

Discuss what you learned from Dr. Takahashi about Japanese language and culture

Discuss what you learned in your "*VIRTUAL ARCHITECTURAL DESIGN PRIMER*" activity where you visited an Architectural server in Australia and built your first house

Discuss what you learned in our "*VIRTUAL SUSTAINABLE JAPANESE TOWN DESIGN*" activity where you built Japanese towns in teams of four on Dr. Wunderlich's Architectural Server "Tsojin2"

Discuss what you learned from the cyber-security symposium moderated by Dr. Wunderlich

Discuss what you learned from the STEM workshop, or NGO symposium

# SECOND TEST (100 points)

NAME \_\_\_\_\_

## Demonstrations

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

\_\_\_\_ Lunge/twist stretch      \_\_\_\_ Jumping-jacks (while counting in Japanese)      \_\_\_\_ Foot-Sweep / Twist

## FALL ARRESTS

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

## THROWING (and **VERBALIZE KUZUSHI** and **THROW MECHANICS** if asked)

for **FIVE** of the following throws (Selected by Dr. Wunderlich):

\_\_\_\_ O SOTO GARI              Major Outer Reap  
\_\_\_\_ DE ASHI HARAI          Advanced Foot Sweep  
\_\_\_\_ HIZA GURUMA            Knee Wheel  
\_\_\_\_ O UCHI GARI              Major Inner Reap  
\_\_\_\_ KO UCHI GARI            Minor Inner Reap  
\_\_\_\_ OKURI ASHI HARAI      Sliding Foot Sweep  
\_\_\_\_ O GOSHI                  Major Hip  
\_\_\_\_ UKI GOSHI                Floating Hip  
\_\_\_\_ other (for advanced students)      \_\_\_\_\_  
\_\_\_\_ other (for advanced students)      \_\_\_\_\_  
\_\_\_\_ other (for advanced students)      \_\_\_\_\_

## COUNTERS

**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 just palm-block & sprawl if instructed to)

## HOLDING TECHNIQUES

\_\_\_\_ KESA GATAME                      Scarf Hold  
\_\_\_\_ YOKO SHIHO GATAME              Side Hold  
\_\_\_\_ KATA GATAME                      Shoulder Hold

**VOCABULARY** (questions attached below on day of second test)      \_\_\_\_\_ (out of 20)



## **JAPANESE VOCABULARY (1 POINT EACH)**

State English translation for:

- 1) **AMAE**
- 2) **KENSON**
- 3) **ENRYO**
- 4) **ON**
- 5) **GIRI**
- 6) **OMOIYARI**
- 7) **GAMAN**
- 8) **HAJI**
- 9) **WA**
- 10) **SOTO**
- 11) **UCHI**
- 12) **UCHI KOMI**
- 13) **MATTE**
- 14) **HAJIME**
- 15) **KI O TSUKE**
- 16) **KUZUSHI**
- 17) **OHAYO GOZAIMAS**
- 18) **ARIGATO GOZAIMAS**
- 19) **TEISHO-SHA**
- 20) **UTSUKUSHI**

## **EXTRA CREDIT (ONE POINT EACH)**

- **SUGURETA**
- **KUDASAI**
- **OTOKO NO HITO**
- **ONNA NO HITO**