



Shufu Yudanshakai
United States Judo
Federation
Senior Promotional
Score Sheet

Candidate Name _____

Dojo/Club _____

USJF # _____

Date _____

Current Rank _____ Time in grade _____ Weight _____
 Recommended Rank _____ Age _____ Date of birth _____
 Competition Level (circle one) **A B C D E N/C**
 Recommended by: _____
 Male / Female (circle one)

Summary of Scores

Promo. Points	Kata Scores	Y / N	Nage Waza	Shime Waza	Renraku Waza	Shiai Wins
Written Exam	Basics		Osae Waza	Kaeshi Waza	Kansetsu Waza	Shiai Losses

Basic Elements

Ukemi Waza	Migi	Hidari	Kumikata and Kuzushi	Migi	Hidari
Ushiro ukemi (rear breakfall)			Kumikata (gripping)		
Yoko ukemi (side breakfall)			Happo no kuzushi (8 directions of kuzushi)		
Zenpo kaiten-stay down (rolling breakfall)			Shintai (directional movement)		
Zenpo kaiten - to standing,			Ayumi ashi (natural walking)		
Mae ukemi (front breakfall)			Tsugi ashi (follow foot)		
Shisei (posture)			Tai Sabaki (turning movement)		
Shizenhontai (basic natural posture)			180 deg. turn (1 movement)		
Shizentai (natural posture)			180 deg. turn (2 movements)		
Jigohontai (basic defensive posture)			Mae 90 deg. turn		
Jigotai (defensive posture)			Ushiro 90 deg. turn		

Katame Waza Testing Requirements

Osae Komi Waza (holding techniques)	Score
5K Kesa gatame (scarf hold)	
5K Kata gatame (shoulder hold)	
5K Kami shiho gatame (upper 4 corner hold)	
5K Yoko shiho gatame (side locking 4 corner hold)	
4K Kuzure kami shiho gatame (variation upper 4 cor.)	
4K Kuzure kesa gatame (variation winding scarf)	
3K Tate shiho gatame (straight locking 4 cor.)	

Osae Komi Waza Requirements									
5K	4K	3K	2K	1K	1D	2D	3D	4D	
2	3	4	6	6	6	6	6	6	6

The candidate

- will demonstrate the required number of osae waza for each rank,
- and may select according to minimum rank requirements as listed.

Shime Waza (choking techniques)
Nami juji jime (normal cross choke)
Kata juji jime (single cross choke)
Gyaku juji jime (reverse cross choke)
Hadaka jime (naked choke)
Okuri eri jime (sliding collar choke)
Kata ha jime (single wing choke)
Kata te jime (single hand choke)
Ryo te jime (two hand choke)
Sode guruma jime (sleeve wheel choke)
Tsukkomi jime (thrust choke)
Sankaku jime (triangular choke)

Shime Waza Requirements									
	5K	4K	3K	2K	1K	1D	2D	3D	4D
Mae-Front	1	2	3	4	5	5	5	5	5
Ushiro-Rear		2	3	4	5	5	5	5	5

The candidate

- will demonstrate the required number of mae and ushiro shime waza for each rank, i.e.: for 2K, 4 mae + 4 ushiro = 8 waza,
- and may select from any of the waza listed.

Kansetsu Waza (Armlock techniques)
Ude hishigi ashi gatame (leg armlock)
Ude hishigi hara gatame (stomach armlock)
Ude hishigi hiza gatame (knee armlock)
Ude hishigi juji gatame (cross armlock)
Ude hishigi te gatame (hand armlock)
Ude hishigi waki gatame (armpit armlock)
Ude hishigi ude gatame (arm armlock)
Ude hishigi sankaku gatame (triangular armlock)
Ude garami (arm lock)

Kansetsu Waza Requirements									
5K	4K	3K	2K	1K	1D	2D	3D	4D	
1	2	3	4	5	5	5	5	5	5

The candidate

- will demonstrate the required number of kansetsu waza for each rank,
- and may select from any of the waza listed.

