

# American Traditional Jujutsu Association

## Judo Promotion Application

P.O Box 1613, Hilliard, OH, USA 43026  
Telephone: (614) 279-9939 Email: membership@atja.org  
Web site: www.atja.org



**Please complete all sections, print or type clearly.**

1. Promotion fees are \$15 for all Kyu ranks, \$75 for Shodan and \$100 for Nidan and above.
2. Time in grade for promotion request should be as defined in ATJA Judo Manual.
3. Applicants must be current ATJA members, or include the ATJA membership application form.
4. Make all checks Payable to ATJA and mail to: PO Box 1613, Hilliard, OH 43026.
5. Attach the ATJA Dan and Kyu Rank Judo Exam, fully completed and signed.
6. All ATJA Black Belts must have a current Background Screening. Submit a request, if needed.

Candidate Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Membership # \_\_\_\_\_ Expiration: \_\_\_\_\_

Club Name \_\_\_\_\_ Sensei Name: \_\_\_\_\_ Sensei Rank \_\_\_\_\_

Background Screening Effective Date (if required): \_\_\_\_\_

Promotion Fee submitted: \$ \_\_\_\_\_ (Note: If Kyu fee prepaid, enter "Prepaid")

### Promotion Information:

Present Rank/Date: \_\_\_\_\_ Testing Rank/Date: \_\_\_\_\_

Judo Examination Pass \_\_\_\_\_ Fail \_\_\_\_\_ Date \_\_\_\_\_

Vocabulary/Knowledge Test Pass \_\_\_\_\_ Fail \_\_\_\_\_ Date \_\_\_\_\_

Promotion Points Earned: \_\_\_\_\_ Required: \_\_\_\_\_ TiG \_\_\_\_\_

*(Attach Exam, Knowledge & Vocabulary Test, and Promotion Point sheet to this application. ATJA membership must be active for the Time-in-Grade period (submit request for waiver, if required)).*

Special notes or consideration: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ATJA Judo Promotion Requirements

## Time-in-Grade, Points and Age



For promotion in the Art of Judo under the ATJA Judo Program, all requirements must be met. These requirements include minimum Time-in-Grade, Age, Promotion Points and passing both a physical Demonstration Exam and a written Vocabulary & Knowledge Test. All Black Belt candidates for promotion must submit a formal request for promotion using the ATJA Judo Promotion Application form and have a current Background Screening .

### Seniors (17+ Yrs)

Rank		Belt Color	Normal Time-in-Grade*	Promotion Points	Minimum Age (Yrs)
Rokkyu	6K	Yellow	4 Mos	7	13
Gokyu	5K	Orange	5 Mos	11	13
Yonkyu	4K	Green	6 Mos	15	13
Sankyu	3K	Brown	7 Mos	20	13
Nikyu	2K	Brown	8 Mos	22	13
Ikkyu	1K	Brown	9 Mos	24	13
Shodan	1D	Black	2 Yrs	33	16
Nidan	2D	Black	3 Yrs	70	18
Sandan	3D	Black	4 Yrs	156	21
Yodan/Yondan	4D	Black/Black & Red	5 Yrs	252	25
Godan	5D	Black/Black & Red	6 Yrs	360	30
Rokudan	6D	Black/Red & White	7 Yrs	480	36
Shichidan	7D	Black/Red & White	8 Yrs	BoD Approval	43
Hachidan	8D	Black/Red & White	9 Yrs	BoD Approval	51
Kudan	9D	Red	10 Yrs	BoD Approval	60
Judan	10D	Red	10 Yrs	BoD Approval	70

\* 8 Extra Points reduces TiG by 1 month

Promotion Points may be earned through Judo Competition, Service to Judo or other means as approved by the ATJA Judo Committee. A list of approved ways to earn points can be found on the ATJA web site ([www.atja.org](http://www.atja.org)).

### Juniors (4-16 Yrs)

Rank		Belt Color	Normal Time-in-Grade	Points	Minimum Age (Yrs)
Junior 1st Degree	JR01	Yellow Belt	3 Mos	4	4
Junior 2nd Degree	JR02	Yellow Belt*	3 Mos	5	5
Junior 3rd Degree	JR03	Orange Belt	4 Mos	6	6
Junior 4th Degree	JR04	Orange Belt*	4 Mos	7	7
Junior 5th Degree	JR05	Green Belt	4 Mos	8	8
Junior 6th Degree	JR06	Green Belt*	4 Mos	9	9
Junior 7th Degree	JR07	Blue Belt	5 Mos	10	10
Junior 8th Degree	JR08	Blue Belt*	5 Mos	11	11
Junior 9th Degree	JR09	Purple Belt	5 Mos	12	12
Junior 10th Degree	JR10	Purple Belt*	5 Mos	13	13
Junior 11th Degree	JR11	Brown Belt	6 Mos	14	14
Junior 12th Degree	JR12	Brown Belt*	6 Mos	15	15

\* Note: Junior ranks may use a stripe to indicate a higher level of a belt of the same color

# ATJA Judo Program Point System



## Event Attendance

Class Attendance	1 point per 10 classes
Camp/Clinic Attendance (Minimum 1 hour/session)	1 point per session
Demonstration (Local Event)	1 point per session

## Competition/Tournaments (Shiai/Kata)

Level of Competition	Entry	Wins	1st Place	2nd Place	3rd/4th Place
Intra-Club Tournament	1 point	1/5 point	1 point	1/2 point	2/5 point
Local Tournament Entry (Includes two or more clubs)	2 points	2 points	2 points	1 point	1/2 point
State/Regional	3 points	3 points	4 points	2 points	1 point
International C (Am-Can, Pacific Northwest, etc.)	6 points	6 points	8 points	6 points	4 points
National (Senior, Collegiate, High School Junior)	8 points	8 points	10 points	8 points	6 points
International B (Pan-Am, Pacific Rim, Kano Cup, etc.)	10 points	10 points	20 points	18 points	16 points
International A (Olympics, world Championships)	16 points	16 points	30 points	26 points	22 points

## Service to Judo

Shiai or Kata Tournaments Level of Competition	Referee/Judge	Head Referee/Judge	Hosting/Directing		Other Tournament Assistance
			Head	Assistant	
Intra-Club	1 point	0 point	2 point	1 point	1/2 point
Local (two or more clubs)	2 points	4 points	4 points	2 point	1 point
State/Regional	3 points	6 points	6 points	4 points	2 points
National/International C	5 points	10 points	8 points	6 points	3 points
International B	8 points	16 points	10 points	8 points	4 points
World/Olympic/International A	12 points	20 points	20 points	10 points	5 points

Camps/Clinics	Hosting/Directing	Assistant Director	Clinician
Local Camp/Clinic	2 points per session	1 points per session	4 points per session
State/Regional Camp/Clinic	3 points per session	2 points per session	5 points per session
National/International Camp/Clinic	4 points per session	3 points per session	6 points per session

Certifications (Points per Year)					
Referee Certification		Kata/Kata Judge Certification		Rank Examiner Certification	
Local	1 point per Year	Level C	2 points per Year	National	4 points per year
Regional 1	2 points per Year	Level B	4 points per Year	Senior	5 points per year
Regional 2	3 points per Year	Level A	6 points per Year	Master	6 points per year
Regional 3	4 points per Year	<b>(Per kata)</b>		<b>Examiner must be active</b>	
National 1	5 points per Year			<b>(minimum 2 examinations/year)</b>	
National 2	6 points per Year				
National 3	7 points per Year				
Pan American C	8 points per Year				
International B	10 points per Year				
International A	13 points per Year				

# ATJA Judo Program Point System

## Service to Judo (Cont'd)

<b>Organizational Service</b>	
Member of an ATJA Committee	1 point per year
Chairman of an ATJA Committee	2 points per year
Member of an ATJA Board	2 point per year
Chairman of an ATJA Board	3 points per year
ATJA Board of Directors (Member)	3 point per year
ATJA Board of Directors (Officers)	5 points per year

<b>Chartered Club Sensei</b>	<b>Head</b>	<b>Assistant</b>
Class C Club (5-9 ATJA members)	8 points	2 points
Class B Club (10-19 ATJA members)	10 points	4 points
Class A Club (20-29 ATJA members)	12 points	6 points
Bronze Star Club (30-49 ATJA members)	16 points	8 points
Silver Star Club (50-69 ATJA members)	24 points	12 points
Gold Star Club (70+ ATJA members)	32 points	16 points

<b>Coaching Competitors</b>	<b>Coach</b>
Tournament Team Entry (At least six competitors)	2 point per event
Producing State/Regional Champion	4 points per Champion
Producing International C Champion	6 points per Champion
Producing International C Place Winner	4 points per Winner
Producing Junior National Champion	4 points per Champion
Producing Junior National Place Winner	6 points per Winner
Producing Senior National Champion	12 points per Champion
Producing Senior National Place Winner	8 points per Champion
Producing International B Champion	16 points per Champion
Producing International B Place Winner	12 points per Champion
Producing World/Olympic Champion	24 points per Champion
Producing World/Olympic Place Winner	16 points per Champion

# ATJA Judo Record Form



Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Total Points: \_\_\_\_\_ Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Use this record form to record promotion points for Judo promotion. Refer to the designated points for each event as described in the ATJA Judo Promotion Point System. The latest Point System can be found on the ATJA web site.

## Points for Class Attendance (1 point/10 classes)

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total Attendance	Points Earned
													<b>Total Points</b>	

## Camp/Clinic/Demonstration Attendance or Clinician

Date(s)	Name of event	Total Sessions	Points Earned
		<b>Total Points</b>	

## Points for Intra-Club Competition (Points as per Point System or as Club Sensei Directs)

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total Attendance	Points Earned
													<b>Total Points</b>	

## Points for Competition Events (Other than Intra-Club)

Date	Name of Tournament & Location	Entry Points	Place Points	Event Level	Points Earned
					<b>Total Points</b>

## Points for Refereeing/Judging/Assisting/Hosting at Events

Date	Name of Tournament/Clinic & Location	Duty or Position	Event Level	Points Earned
				<b>Total Points</b>

**Points for Certification(s), Club Instructor/Assistant Instructor, Other Service**

Certification, Service or Club Position	Level or Club Size	Year _____	Year _____	Year _____	Year _____	Year _____	Points Earned
<b>Total Points</b>							

**Coaching Competition Teams/Individuals**

Date	Name of Tournament & Location	Team Points	Place Points	Event Level	Points Earned
<b>Total Points</b>					

**Other Points Earned of overflow from other sections**

Date	Name of Event, Service or Qualifying Event & Location (if appropriate)	Points
<b>Total Points</b>		

**Applicant**

*I certify that the points listed herein are recorded correctly and in accordance with the ATJA Judo Promotion Point System.*

Name (Printed): \_\_\_\_\_

Name (Signd): \_\_\_\_\_

**Sensei/Examiner**

*I certify I have reviewed and approve these points as described for promotion in accordance with the ATJA Judo Promotion System*

Name (Printed): \_\_\_\_\_

Name (Signd): \_\_\_\_\_



# American Traditional Jujitsu Association

## Judo Kyu and Dan Exam

Name: \_\_\_\_\_

Rank Testing For: \_\_\_\_\_

<b>List #1</b>	<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>
Tachi Waza	4	8	8	8	8	8		8	8	8	8	8	8
<b>Gokyo no Waza</b>	Pass	Fail	Comments				Pass	Fail	Comments				
<b>Dai Ikkyo</b>	<input type="checkbox"/>	<input type="checkbox"/>	De-ashi-harai	_____			<input type="checkbox"/>	<input type="checkbox"/>	O-soto-gari	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Hiza-guruma	_____			<input type="checkbox"/>	<input type="checkbox"/>	O-goshi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Sasae-tsurikomi-ashi	_____			<input type="checkbox"/>	<input type="checkbox"/>	O-uchi-gari	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Uki-goshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Seoi-nage	_____			

<b>List #2</b>	<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>
Tachi Waza	0	0	4	6	8	8		8	8	8	8	8	8
<b>Gokyo no Waza</b>	Pass	Fail	Comments				Pass	Fail	Comments				
<b>Dai Nikyo</b>	<input type="checkbox"/>	<input type="checkbox"/>	Ko-soto-gari	_____			<input type="checkbox"/>	<input type="checkbox"/>	Okuri-ashi-harai	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Ko-uchi-gari	_____			<input type="checkbox"/>	<input type="checkbox"/>	Tai-otoshi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Koshi-guruma	_____			<input type="checkbox"/>	<input type="checkbox"/>	Harai-goshi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Tsurikomi-goshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Uchi-mata	_____			

<b>List #3</b>	<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>
Tachi Waza	0	0	0	2	4	6		8	8	8	8	8	8
<b>Gokyo no Waza</b>	Pass	Fail	Comments				Pass	Fail	Comments				
<b>Dai Sankyo</b>	<input type="checkbox"/>	<input type="checkbox"/>	Ko-soto-gake	_____			<input type="checkbox"/>	<input type="checkbox"/>	Hane-goshi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Tsuri-goshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Harai-tsurikomi-ashi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Yoko-otoshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Tomoe-nage	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Ashi-guruma	_____			<input type="checkbox"/>	<input type="checkbox"/>	Kata-guruma	_____			

<b>List #4</b>	<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>
Tachi Waza	0	0	0	0	0	3		6	8	8	8	8	8
<b>Gokyo no Waza</b>	Pass	Fail	Comments				Pass	Fail	Comments				
<b>Dai Yonkyo</b>	<input type="checkbox"/>	<input type="checkbox"/>	Sumi-gaeshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Utsuri-goshi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Tani-otoshi	_____			<input type="checkbox"/>	<input type="checkbox"/>	O-guruma	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Hane-makikomi	_____			<input type="checkbox"/>	<input type="checkbox"/>	Soto-makikomi	_____			
	<input type="checkbox"/>	<input type="checkbox"/>	Sukui-nage	_____			<input type="checkbox"/>	<input type="checkbox"/>	Uki-otoshi	_____			

Judo Kyu and Dan Exam

<b>List #5</b>		<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>		
<b>Tachi Waza</b>		0	0	0	0	0	0		2	4	6	8	8	8		
<b>Gokyo no Waza</b>	Pass Fail	Comments						Pass Fail	Comments							
<b>Dai Gokyo</b>	<input type="checkbox"/> <input type="checkbox"/>	O-soto-guruma	_____						<input type="checkbox"/> <input type="checkbox"/>	Ushiro-goshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Uki-waza	_____						<input type="checkbox"/> <input type="checkbox"/>	Ura-nage	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Yoko-wakare	_____						<input type="checkbox"/> <input type="checkbox"/>	Sumi-otoshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Yoko-guruma	_____						<input type="checkbox"/> <input type="checkbox"/>	Yoko-gake	_____					

<b>List #6</b>		<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>		
<b>Tachi Waza</b>		0	0	0	0	0	0		0	2	4	6	8	8		
<b>Habukareta Waza</b>	Pass Fail	Comments						Pass Fail	Comments							
	<input type="checkbox"/> <input type="checkbox"/>	Obi Otoshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Daki Wakare	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Seoi Otoshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Hikikomi Gaeshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Yama Arashi	_____						<input type="checkbox"/> <input type="checkbox"/>	Tawara Gaeshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Osoto Otoshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Uchi Makikomi	_____					

<b>List #7</b>		<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>		<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>		
<b>Tachi Waza</b>		0	0	0	0	0	0		0	0	2	6	12	19		
<b>Shinmeisho No Waza</b>	Pass Fail	Comments						Pass Fail	Comments							
	<input type="checkbox"/> <input type="checkbox"/>	Morote Gari	_____						<input type="checkbox"/> <input type="checkbox"/>	Uchi Mata Gaeshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Kuchiki Taoshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Hane Goshi Gaeshi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Kibisu Gaeshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Kani Basami	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Uchi Mata Sukashi	_____						<input type="checkbox"/> <input type="checkbox"/>	Osoto Makikomi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Daki Age	_____						<input type="checkbox"/> <input type="checkbox"/>	Kawazu Gake	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Tsubame Gaeshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Harai Makikomi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Kouchi Gaeshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Uchi Mata Makikomi	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Ouchi Gaeshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Sode Tsurikomi Gosu	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Osoto Gaeshi	_____						<input type="checkbox"/> <input type="checkbox"/>	Ippon Seoinage	_____					
	<input type="checkbox"/> <input type="checkbox"/>	Harai Goshi Gaeshi	_____													



Judo Kyu and Dan Exam

List #8 Renwaku Waza (Combination Techniques)	Pass		Fail		6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
					0	2	3	4	5	7		9	10	12	16	18	18	
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					

List #9 Kaeshi Waza (Counter Techniques)	Pass		Fail		6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
					1	2	4	6	7	9		12	14	16	18	18	18	
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					
	<input type="checkbox"/>	<input type="checkbox"/>										<input type="checkbox"/>	<input type="checkbox"/>					

Judo Kyu and Dan Exam

List #10 Osaekomi Waza	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D
		2	3	4	5	6	6		7	8	10	12	12
	Pass Fail							Pass Fail					
	<input type="checkbox"/>	<input type="checkbox"/>	Kesa Gatame	<input type="checkbox"/>	<input type="checkbox"/>	Kuzure-kesa-gatame		<input type="checkbox"/>	<input type="checkbox"/>	Kuzure Yokoshiho Gatame		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Yokoshiho Gatame	<input type="checkbox"/>	<input type="checkbox"/>	Kuzure-kamishiho-gatame		<input type="checkbox"/>	<input type="checkbox"/>	Uki Gatame		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Kamishiho Gatame	<input type="checkbox"/>	<input type="checkbox"/>	Sankaku Gatame		<input type="checkbox"/>	<input type="checkbox"/>	Makura Kesa Gatame		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Kata-gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Tate-shiho-gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ushiro Kesa Gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>

List #11 Shime Waza	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D
		1	2	3	4	5	6		10	12	14	14	14
	Pass Fail							Pass Fail					
	<input type="checkbox"/>	<input type="checkbox"/>	Nami-juji-jime	<input type="checkbox"/>	<input type="checkbox"/>	Sode-guruma-jime		<input type="checkbox"/>	<input type="checkbox"/>	Kata-te-jime		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Gyaku-juji-jime	<input type="checkbox"/>	<input type="checkbox"/>	Ryo-te-jime		<input type="checkbox"/>	<input type="checkbox"/>	Tsukkomi-jime		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Kata-juji-jime	<input type="checkbox"/>	<input type="checkbox"/>	Tomoe-jime		<input type="checkbox"/>	<input type="checkbox"/>	Do-Jime		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Hadaka-jime	<input type="checkbox"/>	<input type="checkbox"/>	Morote-jime		<input type="checkbox"/>	<input type="checkbox"/>	Jigoku-Jime		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Okuri-eri-jime	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Kata-ha-jime	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Jikoku-Jime	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Sankaku-jime	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>

List #12 Kansetsu Waza	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D
		0	1	2	3	4	5		6	8	10	12	12
	Pass Fail							Pass Fail					
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-garami	<input type="checkbox"/>	<input type="checkbox"/>	Ashi-garami		<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-ashi-gatame		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-juji-gatame	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-te-gatame		<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-sankaku-gatame		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-ude-gatame	<input type="checkbox"/>	<input type="checkbox"/>	Other		<input type="checkbox"/>	<input type="checkbox"/>	Other		<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-hiza-gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-waki-gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Ude-hishigi-hara-gatame	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>

Judo Kyu and Dan Exam

List #13 Fusegi	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	1	2	3	4	5	6		8	10	12	14	14	14	
	<input type="checkbox"/>	<input type="checkbox"/>	Kesa Gatame Escape #1				<input type="checkbox"/>	<input type="checkbox"/>	Kata-gatame Escape #2					
	<input type="checkbox"/>	<input type="checkbox"/>	Kesa Gatame Escape #2				<input type="checkbox"/>	<input type="checkbox"/>	Tate-shihogatame Escape #1					
	<input type="checkbox"/>	<input type="checkbox"/>	Yokoshiho Gatame Escape #1				<input type="checkbox"/>	<input type="checkbox"/>	Tate-shihogatame Escape #2					
	<input type="checkbox"/>	<input type="checkbox"/>	Yokoshiho Gatame Escape #2				<input type="checkbox"/>	<input type="checkbox"/>	Shime Waza escape #1					
	<input type="checkbox"/>	<input type="checkbox"/>	Kamishiho Gatame Escape #1				<input type="checkbox"/>	<input type="checkbox"/>	Shime Waza escape #2					
	<input type="checkbox"/>	<input type="checkbox"/>	Kamishiho Gatame Escape #2				<input type="checkbox"/>	<input type="checkbox"/>	Kansetsu Waza escape #1					
	<input type="checkbox"/>	<input type="checkbox"/>	Kata-gatame Escape #1				<input type="checkbox"/>	<input type="checkbox"/>	Kansetsu Waza escape #2					

List #14 Hairi Waza	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	1	3	5	6	7		8	10	12	12	12	12	
	<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Top #1				<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Bottom #1					
	<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Top #2				<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Bottom #2					
	<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Top #3				<input type="checkbox"/>	<input type="checkbox"/>	Hands & Knees Bottom #3					
	<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Top #1				<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Bottom #1					
	<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Top #2				<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Bottom #2					
	<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Top #3				<input type="checkbox"/>	<input type="checkbox"/>	Legs Around Bottom #3					

List #15 Ukemi Waza	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	2	4	4	4	4	4		4	4	4	4	4	4	
	<input type="checkbox"/>	<input type="checkbox"/>	Mae Ukemi	Forward fall			<input type="checkbox"/>	<input type="checkbox"/>	Yoko Ukemi	Side fall				
	<input type="checkbox"/>	<input type="checkbox"/>	Ushiro Ukemi	Backward fall			<input type="checkbox"/>	<input type="checkbox"/>	Zempo Kaiten	Forward Judo roll				

List #16 Demonstration	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	3	6	7	9	10	10		10	10	10	10	10	10	
	<input type="checkbox"/>	<input type="checkbox"/>	Ayumi Ashi				<input type="checkbox"/>	<input type="checkbox"/>	How to tie belt					
	<input type="checkbox"/>	<input type="checkbox"/>	Tsugi Ashi				<input type="checkbox"/>	<input type="checkbox"/>	How and when to bow					
	<input type="checkbox"/>	<input type="checkbox"/>	Tai Sabaki				<input type="checkbox"/>	<input type="checkbox"/>	How to sit properly					
	<input type="checkbox"/>	<input type="checkbox"/>	Shizen Hon Tai				<input type="checkbox"/>	<input type="checkbox"/>	Shizen Jigo Tai					
	<input type="checkbox"/>	<input type="checkbox"/>	Directions of off balancing				<input type="checkbox"/>	<input type="checkbox"/>	How to referee a match					

Judo Kyu and Dan Exam

<b>List #17</b> <b>Kumi Kata</b>	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	0	0	0	0	0		1	2	3	3	3	3	
<b>Gripping Forms</b>	Pass Fail		Comments					Pass Fail						
<input type="checkbox"/>	<input type="checkbox"/>	Standard Grip	_____					<input type="checkbox"/>	<input type="checkbox"/>	Back Grip	_____			
<input type="checkbox"/>	<input type="checkbox"/>	High Lapel Grip	_____					<input type="checkbox"/>	<input type="checkbox"/>	Over Shoulder Grip	_____			
<input type="checkbox"/>	<input type="checkbox"/>	Low Lapel Grip	_____					<input type="checkbox"/>	<input type="checkbox"/>	Double Sleeve Grip	_____			
<input type="checkbox"/>	<input type="checkbox"/>	Sleeve Grip	_____					<input type="checkbox"/>	<input type="checkbox"/>	Cross Grip	_____			
<input type="checkbox"/>	<input type="checkbox"/>	Collar Grip	_____					<input type="checkbox"/>	<input type="checkbox"/>	Belt Grip	_____			

<b>List #18</b> <b>Kata</b>	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	0	0	0	0	0		1	1	2	3	3	4	
	Pass Fail							Pass Fail						
<input type="checkbox"/>	<input type="checkbox"/>	Nage no Kata						<input type="checkbox"/>	<input type="checkbox"/>	Kimi no Kata				
<input type="checkbox"/>	<input type="checkbox"/>	Katame no Kata						<input type="checkbox"/>	<input type="checkbox"/>	Koshiki no Kata				
<input type="checkbox"/>	<input type="checkbox"/>	Kodokan Goshin Jutsu Kata						<input type="checkbox"/>	<input type="checkbox"/>	Itsutsu no Kata				
<input type="checkbox"/>	<input type="checkbox"/>	Ju no Kata						<input type="checkbox"/>	<input type="checkbox"/>	Go no Sen no Kata				
<input type="checkbox"/>	<input type="checkbox"/>	Renraku no Kata						<input type="checkbox"/>	<input type="checkbox"/>	Seiryoku-Zenyo-Kokumin-Taiiku				

<b>List #19</b> <b>Kappo</b>	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	0	0	0	0	1		2	3	4	4	4	4	
<b>First Aid</b>	Pass Fail		Comments					Pass Fail		Comments				
<input type="checkbox"/>	<input type="checkbox"/>	#1	_____					<input type="checkbox"/>	<input type="checkbox"/>	#3	_____			
<input type="checkbox"/>	<input type="checkbox"/>	#2	_____					<input type="checkbox"/>	<input type="checkbox"/>	#4	_____			

<b>List #20</b> <b>Teaching</b>	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	0	0	0	0	0		0	1	1	1	1	1	
	Pass Fail		Comments					Pass Fail						
<input type="checkbox"/>	<input type="checkbox"/>		_____					<input type="checkbox"/>	<input type="checkbox"/>		_____			

<b>List #21</b> <b>Presentation</b>	6K	5K	4K	3K	2K	1K		1D	2D	3D	4D	5D	6D	
	0	0	0	0	0	0		0	0	1	1	1	1	
	Pass Fail		Comments					Pass Fail						
<input type="checkbox"/>	<input type="checkbox"/>		_____					<input type="checkbox"/>	<input type="checkbox"/>		_____			

# American Traditional Jujitsu Association

## Judo Kyu and Dan Exam

### Summary and Signature Page

Testee Name (Printed): \_\_\_\_\_

Testee Name (Signature): \_\_\_\_\_

\_\_\_\_\_

Examiner #1 (Printed): \_\_\_\_\_

Examiner #1 (Signature): \_\_\_\_\_

Examiner #1 (Rank/Examiner): \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

Examiner #2 (Printed): \_\_\_\_\_

Examiner #2 (Signature): \_\_\_\_\_

Examiner #2 (Rank/Examiner): \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

Examiner #3 (Printed): \_\_\_\_\_

Examiner #3 (Signature): \_\_\_\_\_

Examiner #3 (Rank/Examiner): \_\_\_\_\_ / \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_

#### Passing Score (80%)

<b>6K</b>	<b>5K</b>	<b>4K</b>	<b>3K</b>	<b>2K</b>	<b>1K</b>
<b>11.2</b>	<b>24.8</b>	<b>36</b>	<b>48</b>	<b>57.6</b>	<b>68.8</b>
<b>1D</b>	<b>2D</b>	<b>3D</b>	<b>4D</b>	<b>5D</b>	<b>6D</b>
<b>88</b>	<b>104.8</b>	<b>124</b>	<b>140.8</b>	<b>148.8</b>	<b>155.2</b>

Page	Score
1	
2	
3	
4	
5	
6	

**Test Total**   
**Passing score**

**Pass/Fail:** \_\_\_\_\_

# ATJA Judo Kyu Curriculum

(This form may be used instead of the ATJA Judo Kyu & Dan Exam for Kyu ranks. Dan Ranks must use the ATJA Judo Kyu & Dan Exam)



Testee Name: \_\_\_\_\_ Date: \_\_\_\_\_

Current Rank: \_\_\_\_\_ Passed Rank : \_\_\_\_\_

Testor: \_\_\_\_\_ Sensei Approval: \_\_\_\_\_

## Tachi Waza

Pass	Fail	L/U	Level	NAGE WAZA	THROWING TECHNIQUES
			JR01	O-GOSHI	MAJOR HIP THROW
			JR01	O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR02	HIZA GURUMA	KNEEWHEEL THROW
			JR02	IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR03	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR03	O-UCHI-GARI	MAJOR INSIDE REAPING THROW
			JR04	SASAE-TSURIKOMI-ASHI	PROPPING-LIFTING FOOT SWEEP
			JR04	UKI-GOSHI	FLOATING HIP THROW
			JR05	TAI-OTOSHI	FORWARD BODY DROP THROW
			JR05	KO-SOTO-GARI	MINOR OUTER REAPING THROW
			JR06	HARAI-GOSHI	SWEEPING LOIN THROW
			JR06	KO-UCHI-GARI	MINOR INNER REAPING THROW
			JR07	KOSHI-GURUMA	HIP WHEEL THROW
			JR07	UCHI-MATA	INNER THIGH SWEEP
			JR08	KO-SOTO-GAKE	MINOR OUTER DASH THROW
			JR08	TSURI-GOSHI	LIFTING HIP THROW
			JR09	OKURI-ASHI-HARAI	SLIDING FOOT SWEEP
			JR09	TOMOE NAGE	SOMERSAULT THROW
			JR10	TSURIKOMI-GOSHI	PROPPING-LIFTING HIP THROW
			JR10	ASHI-GURUMA	LEG WHEEL THROW
			JR11	YOKO OTOSHI	LATERAL DROP THROW
			JR11	TANI-OTOSHI	VALLEY DROP THROW
			JR12	UKI-OTOSHI	FLOATING DROP THROW
			JR12	KATA GURUMA	SHOULDER WHEEL THROW
			JR12	SOTO MAKI KOMI	OUTER WINDING THROW

Pass	Fail	L/U	Level	RENWAKU WAZA	COMBINATION TECHNIQUES
			JR03	O-GOSHI	MAJOR HIP THROW
			JR04	IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR06	HIZA GURUMA	KNEEWHEEL THROW
			JR08	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR10	O-UCHI-GARI	MAJOR INSIDE REAPING THROW
			JR11	O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR12	UCHI-MATA	INNER THIGH SWEEP

Pass	Fail	L/U	Level	KAESHI WAZA	COUNTER TECHNIQUES
			JR02	O-GOSHI	MAJOR HIP THROW
			JR04	O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR05	IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR06	HIZA GURUMA	KNEEWHEEL THROW
			JR07	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR08	KO-UCHI-GARI	MINOR INNER REAPING THROW
			JR10	TSURI-GOSHI	LIFTING HIP THROW
			JR11	UCHI-MATA	INNER THIGH SWEEP
			JR12	TAI-OTOSHI	FORWARD BODY DROP THROW

NOTE: JUNIOR BELT COLOR IN PARANTHESIS IF DIFFERENT FROM ADULT BELT COLOR

## KatameWaza

Pass	Fail	L/U	Level		OSAEKOMI WAZA	HOLDING TECHNIQUES
			JR01	6K	KESA GATAME	SCARF HOLD
			JR02		YOKOSHIHO GATAME	SIDE LOCKING 4 CORNER HOLD
			JR04	5K	KAMISHIHO GATAME	UPPER 4 CORNER HOLD
			JR06	4K	KUZURE KESA GATAME	MODIFIED SCARF HOLD
			JR08	3K	KUZURE YOKOSHIHO GATAME	MODIFIED SIDE 4 CORNER HOLD
			JR10	2K	KATA GATAME	SHOULDER HOLD

Pass	Fail	L/U	Level		FUSEGI WAZA	HOLDING ESCAPE TECHNIQUES
			JR01	6K	KESA GATAME #1	SCARF HOLD ESCAPE
			JR02	5K	YOKOSHIHO GATAME #1	SIDE LOCKING 4 CORNER HOLD ESCAPE
			JR04	4K	KAMISHIHO GATAME #1	UPPER 4 CORNER HOLD ESCAPE
			JR06	3K	KESA GATAME #2	SCARF HOLD ESCAPE
			JR08	2K	YOKOSHIHO GATAME #2	SIDE LOCKING 4 CORNER HOLD ESCAPE
			JR10	1K	KATA GATAME	SHOULDER HOLD ESCAPE

Pass	Fail	L/U	Level		SHIME WAZA	CHOKING TECHNIQUES
			JR01	6K	HADAKA JIME	NAKED CHOKE
			JR02	5K	NAMI/KATA/GYAKU JUJI JIME	NORMAL/HALF/REVERSE CROSS CHOKE
			JR04	4K	OKURI ERI JIME	SLIDING LAPEL CHOKE
			JR06	3K	KATAHA JIME	SINGLE SHOULDER CHOKE
			JR08	2K	RYOTE JIME	BOTH HANDS LAPEL CHOKE
			JR10	1K	SANKAKU JIME	TRIANGLE (FIGURE 4) CHOKE

Pass	Fail	L/U	Level		KANSETSU WAZA	ARM LOCKING TECHNIQUES
			N/A	5K	UDE GARAMI	BENT ARM LOCK
			N/A	4K	UDE HISHIGI UDE GATAME	STRAIGHT ARM LOCK
			N/A	3K	UDE HISHIGI JUJI GATAME	CROSS ARM LOCK
			N/A	2K	UDE HISHIGI HIZA GATAME	KNEE ARM LOCK
			N/A	1K	UDE HISHIGI SANKAKU GATAME	TRIANGLE (FIGURE 4) LOCK

Pass	Fail	L/U	Level		HAIRI WAZA	ENTRY TECHNIQUES INTO KATAME WAZA
			JR04	5K	HANDS & KNEES TOP #1	
			JR05	4K	HANDS & KNEES BOTTOM #1	
			JR06		LEGS AROUND TOP #1	
			JR07	3K	LEGS AROUND BOTTOM #1	
			JR08		HANDS & KNEES TOP #2	
			JR09	2K	HANDS & KNEES BOTTOM #2	
			JR10		LEGS AROUND TOP #2	
			JR11	1K	LEGS AROUND BOTTOM #2	

Pass	Fail	L/U	Level		UKEMI WAZA	FALLING TECHNIQUES
			JR01	6K	KOHO UKEMI	BACK FALLS
			JR02		YOKO UKEMI	SIDE FALLS
			JR03	5K	MAE UKEMI	FRONT FALLS
			JR04		ZENPO KAITEN	FORWARD ROLLS

Pass	Fail	L/U	Level		DEMONSTRATE	
			JR01	6K	HOW & WHEN TO BOW	
			JR02		HOW TO SIT PROPERLY	
			JR02		HOW TO TIE BELT	
			JR03	5K	TSUGI ASHI	FOLLOW FOOT MOVEMENT
			JR04		AYUMI ASHI	NORMAL FOOT MOVEMENT
			JR04		TAI SABAKI	BODY TURNING
			JR06	4K	SHIZEN HON TAI	BASIC NATURAL STANCE
			JR07	3K	SHIZEN JIGO TAI	BASIC DEFENSIVE STANCE
			JR08		DIRECTIONS OF OFF BALANCING	
			JR010	2K	HOW TO REFEREE A MATCH	

# ATJA Judo Program

## Judo Knowledge and Vocabulary Exam



Name: \_\_\_\_\_ Current Rank: \_\_\_\_\_ Date: \_\_\_\_\_

All must answer the following for both the Knowledge section and the Vocabulary section on a separate answer sheet. Answer in order until directed to stop for the level being tested for is reached. Make sure you type your name clearly on the answer sheet.

### Knowledge questions.

#### All Start Here:

1. Who was the founder of Judo?
2. What is the name of the school he founded?
3. What is the date of the founding of Judo?
4. What was unarmed combat called in Japan before Judo?
5. How long have unarmed combat martial arts been practiced in Japan?
6. What is the name of your Judo club?

#### JR01 Stop Here

7. Name the three parts of a Judo throw in English, and Japanese.
8. Name the three parts of unarmed combat in English and Japanese.

#### JR02 and 6K Stop Here

9. Name the two divisions of throwing techniques in English and Japanese.

#### JR03 Stop Here

10. Name the three divisions of standing throwing techniques in English and Japanese.
11. Name the two divisions of sacrifice techniques in English and Japanese.

#### JR04 and 5K Stop Here

12. Name the three divisions of mat techniques in English and Japanese.
13. Name three of the six men who attained the rank of 10th Degree Black Belt.

#### JR05 Stop Here

14. What are the two principles of Kodokan Judo as defined

by Dr. Kano?

15. What is the ultimate goal of Judo as defined by Dr. Kano?

#### All Stop Here for knowledge portion of exam

### Vocabulary Questions (write the Japanese word for the following):

1. Knee
  2. Hip or waist
  3. Hand
  4. Foot
  5. Big or major
  6. Little or minor
  7. Lock or hold
  8. Falling methods or ways
  9. Wheel
  10. Begin!
  11. Stop!
  12. Hold-down! (Referee's call)
  13. Hold-down broken! (Referee's call)
  14. Don't move! (Referee's call)
  15. Continue! (Referee's call in the case of two contestants who have been frozen by the ref. with the command "Don't move!")
  16. Knee Wheel throw
  17. Major Hip throw
  18. Scarf Hold
- #### JR01 Stop Here



**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**

- |  |   |
|--|---|
| 19. Shoulder   | 47. Slight superiority! (Referee's call)                  |
| 20. Side   | 48. Normal walking  |
| 21. Throw  | 49. Sliding foot walking                                  |
| 22. Reap   | 50. Sitting on the knees                                  |
| 23. Corners (as in hold-downs)                       | 51. Sitting cross-legged                                  |
| 24. Inside   | 52. Advanced Foot Sweep throw                             |
| 25. Outside  | 53. Major Inside Reaping throw                            |
| 26. Fundamental or basic                             | 54. Upper Corners Hold                                    |
| 27. Natural  | <b><u>JR03 Stop Here</u></b>                              |
| 28. Defensive  | 55. To float  |
| 29. Time is up! (ref.'s call) .                      | 56. Lower prop  |
| 30. I surrender!                                     | 57. Lift  |
| 31. Fundamental natural posture                      | 58. Pull  |
| 32. Fundamental defensive posture                    | 59. Defense (to an attack)                                |
| 33. Shoulder throw                                   | 60. Escape (from a hold-down)                             |
| 34. Major Outside Reaping throw                      | 61. Modified (as in hold-downs)                           |
| 35. Side Hold  | 62. Right   |
| 36. Sixth class (kyu) Judo rank                      | 63. Left  |
| <b><u>JR02 Stop Here</u></b>                         | 64. Back falls  |
| 37. Sweep  | 65. Forward falls   |
| 38. Forms of off balancing                           | 66. Decision! (ref.'s call for judge's decision)          |
| 39. Forms of gripping one's opponent                 | 67. Win by decision! (Referee's call I)                   |
| 40. Note! (Slight penalty given by referee)          | 68. Entry methods into mat work                           |
| 41. Caution! (moderate penalty given by referee)     | 69. Floating Hip throw                                    |
| 42. Warning\ (severe penalty given by referee)       | 70. Foot Stop throw (literally Lower Prop Lift Pull Foot) |
| 43. Loss by violation of the rules! (Referee's call) | 71. Modified Scarf Hold                                   |
| 44. One point! (Referee's call)                      | 72. Fifth class (kyu) Judo rank                           |
| 45. Almost one point! (half-point. Referee's call)   | <b><u>JR04 and 5K Stop Here</u></b>                       |
| 46. Almost one-half point! (Referee's call d)        |   |

**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**

- |  |  |
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| 73. Body   | 101. Free practice   |
| 74. Rolling  | 102. Practice in general   |
| 75. Front rolling falls  | 103. Posture in general  |
| 76. Drop   | 104. Combination or faking techniques  |
| 77. Valley   | 105. Little Outside Reaping throw  |
| 78. Body movement  | 106. Lifting Pulling Hip throw   |
| 79. Pivoting or turning the body                               | 107. Modified Upper Corners Hold   |
| 80. Technique  | 108. Fourth class (kyu) Judo rank<br><b><u>JR06 and 4K Stop Here</u></b>                       |
| 81. Counter techniques   | 109. To slide  |
| 82. Attention!   | 110. Way of the warrior  |
| 83. Bow!   | 111. .Martial arts   |
| 84. Teacher  | 112. Win by forfeit or default of the opponent before a match                                  |
| 85. Practice hall for Judo                                     | 113. Win by withdrawal of the opponent during a match  |
| 86. Judo uniform   | 114. Combination win by one-half point from opponent's penalty and one-half point from a score |
| 87. Judo player  | 115. Five stages of technique, the basic syllabus of Kodokan Judo                              |
| 88. Little inside Reaping throw                                | 116. The principle of gentleness or giving way   |
| 89. Hip Wheel throw  | 117. Way of life   |
| 90. Modified Side Hold<br><b><u>JR05 Stop Here</u></b>         | 118. Warm-up exercises in Judo   |
| 91. Judo uniform sleeve  | 119. Cooling-off exercises in Judo   |
| 92. Judo uniform lapel   | 120. Exercises in general  |
| 93. Judo uniform jacket  | 121. Holder of any rank below Black Belt   |
| 94. Belt   | 122. Holder of any Black Belt rank   |
| 95. The attacker   | 123. Swallow-flight counter throw  |
| 96. The defender   | 124. Sliding Foot Sweep throw  |
| 97. Repetition attack practice without throwing, done in pairs | 125. Sweeping Hip throw  |
| 98. Alternate throwing practice without resistance             | 126. Shoulder Hold<br><b><u>JR07 Stop Here</u></b>   |
| 99. Pantomime practice   |  |
| 100. Form practice   |  |

**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**

127. Straw Japanese Judo Mats
128. Thigh
129. Shout to gather inner strength
130. Internal force or spiritual energy
131. Rear (in throwing and holding)
132. Kneeling bow
133. Standing bow
134. Tournament
135. Referee
136. Side of the practice or tournament mat reserved for highest rank judo players or officials
137. A point by adding two half points
138. Half-point added makes full point! (Referee's call)
139. Favorite technique
140. Instantaneous promotion
141. Body Drop throw
142. Inner Thigh throw
143. Rear Scarf Hold
144. Third class (kyu) Judo rank  
**JR08 and 3K Stop Here**
145. To dash the opponent while throwing
146. Step or degree in the Black Belt Judo ranks
147. First degree Black Belt
148. 2nd degree Black Belt
149. 3rd degree Black Belt
150. 4th degree Black Belt
151. 5th degree Black Belt
152. 6th degree Black Belt
153. 7th degree Black Belt
154. 8th degree Black Belt
155. 9th degree Black Belt
156. 10th degree Black Belt
157. Winding pull while throwing
158. Past master of Judo (properly applied only to Dr .Kano)
159. Illegal entwining of the leg in the Major Outside Reaping throw
160. Minor Outside Dashing throw
161. Lifting Hip throw
162. Straddling Hold  
**JR09 Stop Here**
163. Choke or strangle
164. To spring
165. Avoiding or evasive action
166. A little
167. Two handed (as in shoulder throw)
168. Black Belt Judo association
169. Practice in pairs
170. Win of any type
171. Loss of any type
172. Draw Match! (ref.'s call)
173. Decision (as in self-defense instantaneous decisions)
174. Contest area
175. Seeping Foot Stop throw
176. Springing Hip throw
177. Naked Strangle
178. Sliding Lapel Choke
179. Single Shoulder Choke
180. Second class (kyu) Judo rank  
**JR10 and 4K Stop Here**

**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**

- |   |  |
|---|--|
| 181. Normal                                 | 199. Crush   |
| 182. Reverse                                | 200. Circle  |
| 183. Cross                                  | 202. Armpit  |
| 184. Sacrifice                              | <b><u>JR011 Stop Here</u></b>                                  |
| 185. Direct or flat                         | 202. Scissor (by the legs; an illegal act in Judo competition) |
| 186. Forms of resuscitation used in Judo    | 203. Formal forms of throwing (a pre-arranged routine)         |
| 187. "Winner stays out" team contest        | 204. Formal forms of holding (a pre-arranged routine)          |
| 188. Man for man, or elimination tournament | 205. Formal forms of gentleness (a pre-arranged routine)       |
| 189. Maximum efficiency                     | 206. Formal forms of self-defense (a pre-arranged routine)     |
| 190. Mutual benefit and welfare             | 208. Ancient forms (a pre-arranged routine)                    |
| 191. Mountain Storm throw                   | 208. Forms of five (a pre-arranged routine)                    |
| 192. Flying Scissors throw                  | 209. Circle throw  |
| 193. Side (lateral) Drop throw              | 210. Foot Wheel throw  |
| 194. Shoulder Wheel throw                   | 211. Arm Crushing Cross Arm Lock                               |
| 195. Normal Cross Choke                     | 212. Arm Crushing Normal Arm Lock                              |
| 196. Half Cross Choke                       | 213. Arm Crushing Bent Arm Lock                                |
| 197. Reverse Cross Choke                    | 214. Arm Pit Lock  |
| 198. Arm                                    | 215. First class (kyu) Judo rank                               |
|   | <b><u>All Stop Here</u></b>                                    |

**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**  
**Answer Sheet (Page 1)**



Name: \_\_\_\_\_ Current Rank: \_\_\_\_\_ Date: \_\_\_\_\_

**Knowledge Answers**

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**Vocabulary Answers**

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**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**  
**Answer Sheet (Page 2)**

**Vocabulary Answers**

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**Vocabulary Answers**

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**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**  
**Answer Sheet (Page 3)**

**Vocabulary Answers**

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**Vocabulary Answers**

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**Judo Knowledge and Vocabulary Exam**  
**American Traditional Jujutsu Association – Judo Program**  
**Answer Sheet (Page 4)**

**Vocabulary Answers**

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**Vocabulary Answers**

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End of Exam



# American Traditional Jujutsu Association

## Membership Application

P.O Box 1613, Hilliard, OH, USA 43026  
Telephone: (614) 279-9939 Email: membership@atja.org  
Web site: www.atja.org



### Section 1 - Personal Information *(Please complete all sections, print or type clearly)*

Circle one: New Member / Renewal    Member #: \_\_\_\_\_

Name: \_\_\_\_\_ Home Telephone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ Other Telephone: (\_\_\_\_) \_\_\_\_\_

City: \_\_\_\_\_ Age: \_\_\_\_\_ Gender (Circle one) Male / Female

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Email: \_\_\_\_\_ Country of Citizenship \_\_\_\_\_

Martial Art: \_\_\_\_\_ Rank: \_\_\_\_\_ Date of Rank: \_\_\_\_\_ (List highest rank held)

Martial Art: \_\_\_\_\_ Rank: \_\_\_\_\_ Date of Rank: \_\_\_\_\_ (List other rank held)

ATJA Club Name: \_\_\_\_\_ ATJA Club #: \_\_\_\_\_ Instructor: \_\_\_\_\_

### Section 2 - Membership Fees

Please check your membership plan and indicate the enclosed fee. Sign waiver below and mail to the address above.

**Annual Membership:** (includes one year's accident and liability insurance)  
\$20 (4 to 16 years old), or \$40 (17 years old or older)    \$ \_\_\_\_\_

**Foreign Addresses:** \$10.00 (for foreign addresses, other than APO/FPO)    \$ \_\_\_\_\_

Total Enclosed (Please make check or money order payable to "ATJA".)    \$ \_\_\_\_\_

### Section 3 - Waiver of Liability

*In consideration of being allowed to participate in any way in the American Traditional Jujutsu Association martial arts program(s), and related events and activities, the undersigned:*

1. *Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she will immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.*

2. *Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions*

*or negligence but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.*

3. *Assume all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.*

4. *Release, waive, discharge and covenant not to sue the American Traditional Jujutsu Association, its officers, its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as 'releasees' from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.*

**The undersigned have read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.**

Printed Name of Applicant: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*(If Applicant is under 17 years old)*



# National Background Screening Consent Form

Applicant's **Legal** Name (printed):

\_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Applicant's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I, \_\_\_\_\_, authorize and give consent for the above named organization to obtain information regarding myself. This includes the following:

- Local Criminal background records/information
- National Criminal background records/information
- All 50 State Sex Offender Registries
- Full Address Trace
- Social Security Verification

I the undersigned, authorize this information to be obtained either in writing or via telephone in connection with my application. Any person, firm or organization providing information or records in accordance with this authorization is released from any and all claims of liability for compliance. Such information will be held in confidence in accordance with the organization's guidelines.

By signing this document, I am providing the above named Organization my consent for an initial background check as well as any subsequent background checks deemed necessary throughout the length of my assignment with this Organization.

**PAYMENT INFORMATION:**

CC#: \_\_\_\_\_ Exp Date: \_\_\_\_\_

3/4 Digit Code: \_\_\_\_\_ Type of CC (Circle one): Visa MC Amex

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Fax to 866-996-1292, Scan, or  
Email to [ssciteam@ssci2000.com](mailto:ssciteam@ssci2000.com), or  
Mail to SSCI, 1853 Piedmont Rd. Suite 100, Marietta, GA 30066