

OKLAHOMA JUDO ASSOCIATION

EXAMINATION FOR PROMOTION

SECTION I: INFORMATION ON THE STUDENT & THE EXAMINER:

- A. Name of Candidate: _____ B. Rank Being Tested For: _____
 C. Candidate's Club: _____ D. Candidates DOB: _____
 E. Candidate's OJA Number: _____ F. Last Promotion Date: _____

SECTION II: INSTRUCTIONS FOR THE EXAMINER:

- A. Test the candidate for promotion when they are ready, after the appropriate time-in-grade & the proper number of points required has been achieved for the rank indicated (Seniors by competition &/or service; Juniors by competitions & wins). These requirements are outlined by the Oklahoma Judo Association (**OJA**), a copy of which may be requested of the Chairperson of the OJA Promotion Board.
- B. Staple the successfully completed exam, a completed OJA Recommendation for Promotion Form, & the proper fee (Black Belt promotions only) together & send them to the Chairperson of the OJA Promotion Board. It is not necessary to send exams for Kyu grades & Juniors, and there is no fee for Junior & Kyu Grade promotions.
- C. If exam is failed, correct the mistakes & return the exam form to the candidate for further study. Wait at least 1 week before retesting the candidate.
- D. Score the General Information & Vocabulary sections by checking the candidate's answers against the correct answers given in your instructor's manual, marking an "X" on the wrong answers, count the number of Xs, & subtract that total from the maximum possible score.
- E. Each section of the exam must be passed at each level of promotion in order for the candidate to be recommended for this promotion.

SECTION III: GENERAL INFORMATION & VOCABULARY (TO BE FILLED IN BY THE EXAMINEE):

- A. Have the examinee answer the following questions & translate the indicated English words into Japanese, for each of the following ranks:

Max.							Max.						
Senior Rank	Junior Rank	Sect. III-B	Sect. III-C	Poss. Score	Pass. Score	Pass. %	Senior Rank	Junior Rank	Sect. III-B	Sect. III-C	Poss. Score	Pass. Score	Pass. %
	1 st	1-3	1-10	13	9	67%		15 th	1-17	1-150	184	140	76%
	2 nd	1-4	1-20	24	16	68%	Sankyu	16 th	1-18	1-160	196	149	76%
	3 rd	1-5	1-30	35	24	69%		17 th	1-19	1-170	208	160	77%
Rokyu	4 th	1-6	1-40	46	32	70%		18 th	1-20	1-180	219	169	77%
	5 th	1-7	1-50	59	42	71%		19 th	1-21	1-190	233	182	78%
	6 th	1-8	1-60	72	51	71%	Nikyu	20 th	1-22	1-200	244	190	78%
	7 th	1-9	1-70	84	60	72%	Ikkyu		1-24	1-208	262	207	79%
Gokyu	8 th	1-10	1-80	97	70	72%	SHODAN		1-27	1-216	275	220	80%
	9 th	1-11	1-90	109	75	73%	NIDAN		1-30	1-224	290	238	82%
	10 th	1-12	1-100	122	89	73%	SANDAN		1-31	1-224	294	247	84%
	11 th	1-13	1-110	135	99	74%	YONDAN		1-35	1-224	298	256	86%
Yonkyu	12 th	1-14	1-120	147	109	74%	GODAN		1-35	1-224	298	262	88%
	13 th	1-15	1-130	158	119	75%	ROKUDAN		1-35	1-224	298	268	90%
	14 th	1-16	1-140	172	129	75%							

B. GENERAL INFORMATION (Answer the following questions):

1. Who was the founder of Judo? (1) _____

2. What is the name of the school he founded? (1) _____

3. What is the date of the founding of Judo? (1) _____

4. What was unarmed combat called in Japan before Judo? (1) _____

5. How long have unarmed martial arts been practiced in Japan? (1) _____

6. What is the name of your Judo organization? (1) _____

7. Name the three parts of a Judo throw in Japanese. (3)

_____ a. Off-Balance b. Entry c. Execution

8. Name the three divisions of unarmed combat in Japanese. (3)

_____ a. Throwing Techniques b. Mat Work Techniques c. Striking Techniques

9. Name the two divisions of throwing techniques in Japanese. (2)

_____ a. Standing Techniques b. Sacrifice Techniques

10. Name the three divisions of standing throws in Japanese. (3)

_____ a. Hand/Arm Techniques b. Hip/Waist Techniques c. Foot/Leg Techniques

11. Name the two divisions of sacrifice throws in Japanese. (2)

_____ a. Front or Direct Sacrifice Techniques b. Side Sacrifice Techniques

12. Name the three divisions of mat techniques in Japanese. (3)

_____ a. Holding Techniques b. Choking Techniques c. Joint Locking Techniques.

13. Name 3 of the 10 men who were/are living 10th Degree Black Belts. (3)

a. _____ b. _____ c. _____

14. Name the two principles of Judo as defined by the founder of Judo. (2)

a. _____ b. _____

15. What is the ultimate goal of Judo as defined by the founder of Judo. (1)

16. Who were the 4 men on the first U.S. Olympic Team in 1964 in Tokyo? (4)

a. _____ c. _____

b. _____ d. _____

17. Which American placed the first time Judo was included at the Olympics in 1964 & what place did he win? (2)

_____, _____
(name) (place)

18. Who was the first American to place at the Judo World Championships in 1965 in Rio de Janeiro & what place did he win?(2)

_____, _____
(name) (place)

19. Which American placed at the 1976 Olympics (Montreal) & what place did he win? (2)

_____, _____
(name) (place)

20. Who was the USA's 1st Judo World Champion? (Vienna, 1984) (1)

21. Which 2 Americans placed at the 1984 Olympics (Los Angeles) & what place did each win? (4)

a. _____, _____ b. _____, _____
(name) (place) (name) (place)

22. Who was the USA's 2nd Judo World Champion? (Essen, 1987)(1)

23. Which 4 Americans placed at the 1988 Olympics in Seoul, & what place did each win?(8)

a. _____, _____ c. _____, _____
(name) (place) (name) (place)

b. _____, _____ d. _____, _____
(name) (place) (name) (place)

24. Which American placed at the 1992 Olympics in Barcelona & what place did he win? (2)

_____, _____
(name) (place)

25. Which American placed at the 1996 Olympics in Atlanta & what place did he win? (2)

_____, _____
(name) (place)

26. Who was the USA's 3rd Judo World Champion? (Birmingham, 1999)(1) _____

27. Which American placed at the 2004 Olympics in Athens _____, _____
& what place did he win? (2) (name) (place)

28. Which American placed at the 2008 Olympics in Beijing _____, _____
& what place did she win? (2) (name) (place)

29. Who was the USA's 4th Judo World Champion? (Tokyo, 2010)(1) _____

30. Which 2 Americans placed at the 2012 Olympics in London & what place did each win? (4)

a. _____, _____ b. _____, _____
(name) (place) (name) (place)

31. Which 2 Americans placed at the 2016 Olympics in Rio de Janeiro & what place did each win? (4)

a. _____, _____ b. _____, _____
(name) (place) (name) (place)

32. Which OJA member competed on 2 US Olympic Teams?(1) _____

33. Which other OJA member competed on the US World Team?(1) _____

34. Which OJA member has won 20+ Gold National Kata medals?(1) _____

35. Which member of the OJA is an IJF Class A Referee?(1) _____

C. VOCABULARY (Write in the Japanese word for the following English words):

- | | |
|--------------------------|---------------------------------|
| 1. Big or Major _____ | 6. Lock or Hold _____ |
| 2. Little or Minor _____ | 7. Begin! (Ref's Command) _____ |
| 3. Inside _____ | 8. Stop! (Ref's Com.) _____ |
| 4. Outside _____ | 9. Major Outside Reap _____ |
| 5. Reap _____ | 10. Scarf Hold _____ |

- | | |
|-----------------------------------|-------------------------------|
| 11. Attention! _____ | 16. Back falls _____ |
| 12. Bow! _____ | 17. Forward falls _____ |
| 13. Teacher _____ | 18. Rolling _____ |
| 14. Hip or waist _____ | 19. Front rolling falls _____ |
| 15. Falling methods or ways _____ | 20. Major Hip Throw _____ |

- | | |
|---------------------------------|------------------------------|
| 21. Shoulder _____ | 26. Natural _____ |
| 22. Throw _____ | 27. Defensive _____ |
| 23. Side _____ | 28. Judo practice hall _____ |
| 24. Corners (as in holds) _____ | 29. Shoulder Throw _____ |
| 25. Fundamental or basic _____ | 30. Side Corners Hold _____ |

- 31. Fundamental natural posture _____
- 32. Fundamental defensive posture _____
- 33. Knee _____
- 34. Wheel _____
- 35. Hold-down! (Ref's Com.) _____
- 36. Hold broken! (Ref's Com.) _____
- 37. Sitting on the knees _____
- 38. Sitting cross-legged _____
- 39. Knee Wheel Throw _____
- 40. 6th Class Judo rank _____

- 41. Hand _____
- 42. Foot _____
- 43. Judo uniform _____
- 44. Sweep _____
- 45. Don't move!(Ref's Com.) _____
- 46. Continue! (Ref's Com.) _____
- 47. Time is up! (Ref's com.) _____
- 48. I surrender _____
- 49. Advanced Foot Sweep _____
- 50. Upper, Corners Hold _____

-
- 51. 1 point! (Ref's. call) _____
 - 52. Almost 1 pt.!(Ref's. call) _____
 - 53. Technique _____
 - 54. Triangle Technique _____
 - 55. Note! (slight penalty) _____
 - 56. Loss by major penalty! _____
 - 57. Escape (from a hold) _____
 - 58. Forms of off-balancing _____
 - 59. Forms of gripping _____
 - 60. Major Inside Reap _____

-
- 61. To Float _____
 - 62. Modified (in holds) _____
 - 63. Right _____
 - 64. Left _____
 - 65. Judo player _____
 - 66. Defense (to an attack) _____
 - 67. The attacker _____
 - 68. The defender _____
 - 69. Floating Hip _____
 - 70. Modified Scarf Hold _____

-
- 71. Lower prop _____
 - 72. Lift _____
 - 73. Pull _____
 - 74. Belt _____
 - 75. Sleeve _____
 - 76. Lapel _____
 - 77. Jacket _____
 - 78. Tournament _____
 - 79. Foot Stop Throw _____
 - 80. 5th Class Judo rank _____

- 81. 5 stages of technique, the basic syllabus of Judo _____
- 82. Entry methods into mat work _____
- 83. Alternate throwing practice, without resistance _____
- 84. Repetition attack practice without throwing, done in pairs _____
- 85. Straw Judo Mats _____
- 86. Form practice _____
- 87. Free practice _____
- 88. Pantomime practice _____
- 89. Little Inside Reaping throw _____
- 90. Modified Side Hold _____

-
- 91. Combination or faking techniques _____
 - 92. Counter techniques _____
 - 93. Favorite technique _____
 - 94. Principle of Gentleness _____
 - 95. Way of Life _____
 - 96. Warm-up exercises _____
 - 97. Cooling-off exercises _____
 - 98. Internal force or energy _____
 - 99. Shout to gather inner strength _____
 - 100. Hip Wheel Throw _____
-

- 101. A point by adding two half-points_____
- 102. Half point added makes full point!(Ref's. call)_____
- 103. Win by forfeit or default of the opponent before a match_____
- 104. Win by withdrawal during a match by the opponent_____
- 105. Chest _____ 106. Chest Hold _____
- 107. Body Movement_____
- 108. Dead Tree Drop Throw (illegal in tourns.)_____
- 109. Modified Upper Corners Hold_____
- 110. Little Outside Reap_____

-
- 111. Valley_____ 116. Pivoting or turning the body_____
 - 112. Kneeling bow_____ 117. Contest area_____
 - 113. Standing bow_____ 118. Referee_____
 - 114. Way of the warrior_____ 119. Lifting Pulling Hip Throw_____
 - 115. Martial arts_____ 120. 4th Class Judo rank_____

- 121. Past master of Judo (properly applied only to the founder of Judo)_____
- 122. Side of mat reserved for the highest rank Judo players/officials_____
- 123. Illegal entwining of the leg in throws like O Soto Gari _____
- 124. Holder of rank below Black Belt_____
- 125. Holder of any Black Belt rank_____
- 126. Swallow-flight counter throw_____
- 127. Instantaneous promotion_____
- 128. To slide_____
- 129. Sliding Foot Sweep_____
- 130. Shoulder Hold_____

-
- 131. Step or degree in Black Belt ranks_____ 136. Win of any type_____
 - 132. Two-handed (as in shoulder throw)_____ 137. Loss of any type_____
 - 133. Draw match! (Ref.'s call)_____ 138. Black Belt Judo Association_____
 - 134. Practice in pairs_____ 139. Avoiding/evasive action_____
 - 135. Winding pull while throwing_____ 140. Sweeping Hip Throw_____

-
- 141. Body _____ 146. 3rd Degree Black Belt_____
 - 142. Drop _____ 147. 4th Degree Black Belt_____
 - 143. Rear (in throwing & holding)_____ 148. 5th Degree Black Belt_____
 - 144. 1st Degree Black Belt_____ 149. Body Drop throw_____
 - 145. 2nd Degree Black Belt_____ 150. Rear Scarf Hold_____

-
- 151. "Winner stays out" team tournament_____
 - 152. Resuscitation methods used in Judo_____ 153. Thigh_____
 - 154. 6th Degree Black Belt_____
 - 155. 7th Degree Black Belt_____
 - 156. 8th Degree Black Belt_____
 - 157. 9th Degree Black Belt_____
 - 158. 10th Degree Black Belt_____
 - 159. Inner Thigh throw_____ 160. 3rd Class Judo rank_____

161. Maximum efficiency _____ 166. Sacrifice _____
162. Mutual benefit & welfare _____ 167. Direct or flat _____
163. To dash the opponent _____ 168. Mountain Storm _____
164. Flying Scissors (illegal in tourns.) _____ 169. Choke/strangle _____
165. Minor Outside Dash _____ 170. Straddling Corners Hold _____

171. Cross _____ 175. Half Cross Choke _____
172. Normal _____ 176. Reverse Cross Choke _____
173. Reverse _____ 177. Naked strangle _____
174. Normal Cross Choke _____ 178. Lifting Hip throw _____
179. 12th Degree Black Belt (rank held only by Kanosensei) _____
180. Leg reaping the opponent's supporting leg (illegal in tourns.) _____

181. Formal forms of throwing (prearranged routine) _____
182. Formal forms of mat-work (prearranged routine) _____
183. Formal forms of gentleness (prearranged routine) _____
184. Ancient forms of self-defense (prearranged routine) _____
185. Modern forms of self-defense (prearranged routine) _____
186. Forms of five (prearranged routine) _____
187. Sliding Lapel Choke _____ 189. Illegal scissors by the legs in the guard _____
188. Ankle Pick Throw (illegal in tourns.) _____ 190. Sweeping Foot Stop _____

191. To spring _____ 196. Springing Hip _____
192. Arm _____ 197. Single Shoulder Choke _____
193. Crush _____ 198. Shoulder Wheel _____
194. Armpit _____ 199. Circle Throw _____
195. Circle _____ 200. 2nd Class Judo rank _____

201. Arm Crushing Cross Arm Lock _____
202. Arm Crushing Normal Arm Lock _____
203. Bent Arm Lock _____ 206. Foot Wheel _____
204. Armpit Lock _____ 207. Side (lateral) Drop _____
205. Back Smash Throw (illegal in tourns.) _____ 208. 1st Class Judo Rank _____

209. Corner Tumble _____ 213. Transfer of the Hip (loins) _____
210. Valley Drop _____ 214. Major Wheel _____
211. Springing Winding Pull _____ 215. Outer Winding Pull _____
212. Scoop Throw _____ 216. Floating Drop _____

217. Major Outside Wheel _____ 221. Rear Hip _____
218. Floating Technique _____ 222. Stomach Throw _____
219. Side Separation _____ 223. Corner Drop _____
220. Side Wheel _____ 224. Side Dash _____

Total correct for Section III-B (Information): _____

Section III-C (Vocabulary) : _____

TOTAL: _____

SECTION IV: DEMONSTRATION OF TECHNIQUES:

A. NOTES FOR THE EXAMINER:

1. Each technique is scored Good(2 points), Fair(1), Poor(0) for the more technical demonstrations, or Pass(1), Poor(0) for the simpler demonstrations. The total scored by the candidate is added up at the end of the exam. In general, the score of Poor is given if the candidate does the wrong technique, grossly bungles the technique, or doesn't remember the technique. The score of Fair (Pass) is given if the candidate performs well against an unresisting partner. The score of Good is given if the candidate is skillful enough with the technique to perhaps use it in randori.
2. Techniques may be demonstrated right or left (if applicable).
3. When counters are asked for, the examiner should give a score of Fair(1) when the candidate demonstrates a defensive action which stops his/her partner's technique; a score of Good(2) should be given when the candidate demonstrates a defensive technique which would normally produce a score in shiai (contest).
4. To conduct the demonstration part of the exam on the mat, ask the candidate to demonstrate each technique on a partner when you call out the Japanese & English names, i.e., "Please demonstrate Hiza Guruma, the Knee Wheel Throw".
5. Have the candidate perform each technique as many times as you wish. The candidate may demonstrate each technique with the partner standing or lying still, with one or the other foot forward (for throws), or moving if the candidate prefers & as the technique requires.
6. Do not correct or instruct the candidate during the examination. Examine him/her fairly without comments & then total the score, then whether or not the exam is passed, review the student's mistakes, demonstrating if necessary.
7. Have the candidate demonstrate the following techniques for each of the following ranks:

MAX.						MAX.					
SENIOR RANK	JUNIOR RANK	SECT. IV-B	POSS. SCORE	PASS. SCORE	PASS. %	SENIOR RANK	JUNIOR RANK	SECT. IV-B	POSS. SCORE	PASS. SCORE	PASS. %
	1 st	1-4	6	4	67%		17 th	1-76	130	99	76%
	2 nd	1-8	12	8	68%		18 th	1-81	140	108	77%
	3 rd	1-12	18	12	69%		19 th	1-86	150	116	77%
Rokyu	4 th	1-17	25	18	70%	Nikyu	20 th	1-91	159	124	78%
	5 th	1-22	32	22	70%	Ikkyu		1-110	192	152	79%
	6 th	1-27	39	28	71%	SHODAN		1-118	208	166	80%
	7 th	1-32	47	33	71%	NIDAN		1-126	224	184	82%
Gokyu	8 th	1-37	55	40	72%	SANDAN		1-126	224	188	84%
	9 th	1-41	63	45	72%	YONDAN		1-126	224	193	86%
	10 th	1-45	71	52	73%	GODAN		1-126	224	197	88%
	11 th	1-49	79	58	73%	ROKUDAN		1-126	224	202	90%
Yonkyu	12 th	1-54	88	65	74%						
	13 th	1-59	96	71	74%						
	14 th	1-63	104	78	75%						
	15 th	1-67	112	84	75%						
Sankyū	16 th	1-71	120	91	76%						

B. DEMONSTRATE THE FOLLOWING TECHNIQUES (Circle one: G = Good; F = Fair; P = Poor):

1. O Soto Gari (Major Outside Reaping throw)	G F P
2. Kesa Gatame (Scarf Hold)	G F P
3. Side falls	Pass P
4. Back fall	Pass P
5. O Goshi (Major Hip throw)	G F P
6. Bridge and roll escape from Kesa Gatame	G F P
7. Front fall	Pass P
8. Zempo Kaiten Ukemi (Front Rolling Falls)	Pass P
9. Seoi Nage (Shoulder Throw)	G F P
10. Yoko Shiho Gatame (Side Hold)	G F P
11. Shizen Hon Tai (Basic Natural Posture)	Pass P
12. Jigo Hon Tai (Basic Defensive Posture)	Pass P
13. Hiza Guruma (Knee Wheel throw)	G F P
14. Leg entangling escape from Yoko Shiho Gatame	G F P
15. Anza (Sitting cross-legged)	Pass P
16. Seiza (Sitting on the knees and feet)	Pass P
17. Shrimps (Right & left sides)	Pass P

18. De Ashi Barai (Advanced Foot Sweep throw)	G F P
19. Kami Shiho Gatame (Upper Corners Hold)	G F P
20. Sleeve Grip	Pass P
21. Swinging arm break for the sleeve grip	Pass P
22. Swinging elbow break for the sleeve grip	Pass P
23. O Uchi Gari (Major Inside Reaping throw)	G F P
24. Single roll escape from Kami Shiho Gatame	G F P
25. Happo No Kuzushi (Forms of off-balancing)	Pass P
26. High lapel grip	Pass P
27. Inner sleeve counter grip for the high lapel grip	Pass P
28. Uki Goshi (Floating Hip throw)	G F P
29. Kuzure Kesa Gatame (Modified Scarf Hold)	G F P
30. Counter for O Soto Gari	G F P
31. Collar grip	Pass P
32. Drive through break for the collar grip	Pass P
33. Sasae Tsuru Komi Ashi (Foot Stop throw)	G F P
34. Uphill turn escape from Kesa Gatame	G F P
35. Counter for O Goshi	G F P
36. Low Lapel Grip	Pass P
37. Snap out break for the low lapel grip	Pass P

38. Ko Uchi Gari (Minor Inside Reaping throw)	G F P
39. Kuzure Yoko Shiho Gatame (Modified Side Hold)	G F P
40. Counter for Seoi Nage	G F P
41. Cross-neck turn over entry into mat work	G F P

42. Koshi Guruma (Hip Wheel throw)	G F P
43. Bridge and roll escape from Yoko Shiho Gatame	G F P
44. Counter for Hiza Guruma	G F P
45. Break down entry into mat work	G F P
46. Ko Soto Gari (Minor Outside Reaping throw)	G F P
47. Kuzure Kami Shiho Gatame (Modified Upper Corners Hold)	G F P
48. Counter for De Ashi Barai	G F P
49. Sit up escape from Kesa Gatame	G F P
50. Tsuru Komi Goshi (Lifting Pulling Hip throw)	G F P
51. Double bridge and roll escape from Kami Shiho Gatame	G F P
52. Counter for O Uchi Gari	G F P
53. Hiza Guruma to Osoto Gari combination or the reverse	G F P
54. Pull down break through for the high lapel grip	Pass P

55. Okuri Ashi Barai (Sliding Foot Sweep throw)	G F P
56. Kata Gatame (Shoulder Hold)	G F P
57. Counter for Uki Goshi	G F P
58. Double sleeve grip	Pass P
59. Double sleeve counter grip	Pass P
60. Harai Goshi (Sweeping Hip throw)	G F P
61. Legs over escape from Kata Gatame	G F P
62. Uphill turn escape from Yoko Shiho Gatame	G F P
63. Counter for Sasae Tsuru Komi Ashi	G F P
64. Tai Otoshi (Body Drop throw)	G F P
65. Ushiro Kesa Gatame (Backward Scarf Hold)	G F P
66. Bridge and roll escape from Ushiro Kesa Gatame	G F P
67. Counter for Ko Uchi Gari	G F P
68. Uchi Mata (Inner Thigh throw)	G F P
69. Counter for Koshi Guruma	G F P
70. Uphill turn escape from Kami Shiho Gatame	G F P
71. Ko Uchi Gari to Seoi Nage combination or the reverse	G F P

72. Ko Soto Gake (Minor Outside Dash throw)	G F P
73. Tate Shiho Gatame (Straddling Hold)	G F P
74. Sasae Tsuru Komi Ashi or Hiza Guruma to De Ashi Barai combination or the reverse	G F P
75. Counter for Okuri Ashi Barai	G F P
76. Knee-in entry into mat work	G F P
77. Tsuru Goshi (Lifting Hip throw)	G F P
78. Leg out escape from Tate Shiho Gatame	G F P
79. Hadaka Jime (Naked Strangle)	G F P
80. Counter for Harai Goshi	G F P
81. Sumi Gaeshi take down into mat work	G F P

82. Harai Tsuru Komi Ashi (Sweeping Foot Stop throw)	G F P
83. Double arm escape from Kami Shiho Gatame	G F P
84. Harai Goshi to O Soto Gari combination or the reverse	G F P
85. Counter for Tai Otoshi	G F P
86. Okuri Eri Jime (Sliding Lapel Strangle)	G F P
87. Hane Goshi (Springing Hip throw)	G F P
88. Right forward to left forward throw combination or the reverse	G F P
89. Counter for Uchi Mata	G F P
90. Kata Ha Jime (Single Wing Strangle)	G F P
91. Basic defense against all rear chokes	Pass P

92. Yoko Otoshi (Side Drop throw)	G F P
93. Kata Guruma (Shoulder Wheel throw)	G F P
94. Counter for Ko Soto Gake	G F P
95. Counter for Tsuru Goshi	G F P
96. Tomoe Nage (Circle Throw)	G F P
97. Ashi Guruma (Foot Wheel throw)	G F P
98. Uchi Mata to Ko or O Uchi Gari combination or the reverse	G F P
99. Nami Juji Jime (Normal Crossed Strangle)	G F P
100. Kata Juji Jime (Single Wing Crossed Strangle)	G F P
101. Gyaku Juji Jime (Reverse Crossed Strangle)	G F P
102. Basic defense against all crossed chokes	Pass P
103. Ude Hishigi Juji Gatame (Arm Crushing Cross Lock)	G F P
104. Ude Hishigi Ude Gatame (Arm Crushing Arm Lock)	G F P
105. Ude Garami (Bent Arm Lock)	G F P
106. Basic defense against arm locks	Pass P
107. Ude Gatame break for the sleeve grip	Pass P
108. Ude Gatame break for the lapel grip	Pass P
109. Waki Gatame (Armpit Lock) for the lapel grip	Pass P
110. Muni Gatame (Chest Hold)	G F P

111. Sumi Gaeshi (Corner Tumble throw)	G F P
112. Tani Otoshi (Valley Drop throw)	G F P
113. Hane Maki Komi (Springing Winding Pull throw)	G F P
114. Sukui Nage (Scooping Throw)	G F P
115. Utsuri Goshi (Transfer of the Hips throw)	G F P
116. O Guruma (Major Wheel throw)	G F P
117. Soto Maki Komi (Outside Winding Pull throw)	G F P
118. Uki Otoshi (Floating Drop throw)	G F P

119. O Soto Guruma (Major Outside Wheel throw)	G F P
120. Uki Waza (Floating Technique throw)	G F P
121. Yoko Wakare (Lateral Separation throw)	G F P
122. Yoko Guruma (Side Wheel throw)	G F P
123. Ushiro Goshi (Backwards Hip throw)	G F P
124. Ura Nage (Rear Throw)	G F P
125. Sumi Otoshi (Corner Drop throw)	G F P
126. Yoko Gake (Side Dash throw)	G F P

Add all of the Good (G) scores: _____ x 2 = _____
 Add all of the Fair (F) & Pass scores: _____
TOTAL SCORE for demonstration of techniques (add 1 + 2) _____

SECTION V: NAGE NO KATA (FORMAL FORMS OF THROWING) - For Shodan & higher ranks.

Maximum				Maximum			
Senior	Possible	Passing	Passing	Senior	Possible	Passing	Passing
<u>Rank</u>	<u>Score</u>	<u>Score</u>	<u>%</u>	<u>Rank</u>	<u>Score</u>	<u>Score</u>	<u>%</u>
SHODAN	64	32	50%	YONDAN	64	45	70%
NIDAN	64	38	60%	GODAN	64	48	75%
SANDAN	64	42	65%	ROKUDAN	64	51	80%

SCORE SHEET (Have the candidate demonstrate, as Tori, the Nage no Kata):

1. Entry	G F P	20. Tomoe Nage (right)	G F P
2. Uki Otoshi (right)	G F P	21. Tomoe Nage (left)	G F P
3. Uki Otoshi (left)	G F P	22. Ura Nage (right)	G F P
4. Ippon Seoi Nage (right)	G F P	23. Ura Nage (left)	G F P
5. Ippon Seoi Nage (left)	G F P	24. Sumi Gaeshi (right)	G F P
6. Kata Guruma (right)	G F P	25. Sumi Gaeshi (left)	G F P
7. Kata Guruma (left)	G F P		
		26. Yoko Gake (right)	G F P
8. Uki Goshi (left)	G F P	27. Yoko Gake (left)	G F P
9. Uki Goshi (right)	G F P	28. Yoko Guruma (right)	G F P
10. Harai Goshi (right)	G F P	29. Yoko Guruma (left)	G F P
11. Harai Goshi (left)	G F P	30. Uki Waza (right)	G F P
12. Tsuru Komi Goshi (right)	G F P	31. Uki Waza (left)	G F P
13. Tsuru Komi Goshi (left)	G F P	32. Exit	G F P
14. Okuri Ashi Barai (right)	G F P		
15. Okuri Ashi Barai (left)	G F P		
16. Sasae Tsuru Komi Ashi (right)	G F P	Total Good (G) _____ x 2 = _____	
17. Sasae Tsuru Komi Ashi (left)	G F P	Total Fair (F) _____	
18. Uchi Mata (right)	G F P	TOTAL SCORE _____	
19. Uchi Mata (left)	G F P		

SECTION VI: KATAME NO KATA (FORMAL FORMS OF MAT WORK) - For Sandan & higher ranks.

Maximum				Maximum			
Senior Rank	Possible Score	Passing Score	Passing %	Senior Rank	Possible Score	Passing Score	Passing %
SANDAN	34	17	50%	GODAN	34	24	70%
YONDAN	34	20	60%	ROKUDAN	34	27	80%

SCORE SHEET (Have the candidate demonstrate, as Tori, the Katame no Kata):

1. Entry	G F P	12. Ude Garami	G F P
2. Kesa Gatame	G F P	13. Ude Hishigi Juji Gatame	G F P
3. Kata Gatame	G F P	14. Ude Hishigi Ude Gatame	G F P
4. Kami Shiho Gatame	G F P	15. Ude Hishigi Hiza Gatame	G F P
5. Yoko Shiho Gatame	G F P	16. Ashi Garami	G F P
6. Kuzure Kami Shiho Gatame	G F P	17. Exit	G F P
7. Kata Juji Jime	G F P		
8. Hadaka Jime	G F P	Total Good (G) _____ x 2 = _____	
9. Okuri Eri Jime	G F P	Total Fair (F) _____	
10. Kata Ha Jime	G F P	TOTAL SCORE _____	
11. Gyaku Juji Jime	G F P		

SECTION VII: DEMONSTRATION OF TEACHING METHODS - For Yondan & higher ranks.

Section Rank	Maximum Possible Score	Passing Score	Passing %	TOTALS:
YONDAN	1-6	12	6	50%
GODAN	1-8	16	10	60%
ROKUDAN	1-10	20	14	70%

TOTALS:
Total Good (G) _____ x 2 = _____
Total Fair (F) _____
TOTAL SCORE _____

SCORE SHEET (Have the candidate demonstrate teaching methods for 1 technique from each of the following examinations):

- Rokyu (Name of technique: _____) G F P
- Gokyu (Name of technique: _____) G F P
- Yonkyu (Name of technique: _____) G F P
- Sankyu (Name of technique: _____) G F P
- Nikyu (Name of technique: _____) G F P
- Ikkyu (Name of technique: _____) G F P
- Shodan (Name of technique: _____) G F P
- Nidan (Name of technique: _____) G F P
- Sandan (Name of technique: _____) G F P
- Yondan (Name of technique: _____) G F P

SECTION VIII: DEMONSTRATION OF ADDITIONAL KATA

For Godan & higher ranks. Candidates for ranks higher than Yondan are required to demonstrate, as Tori, an additional Kata, of the candidate's choice. The examiner should test the candidate as in Sections IV-VI on a separate sheet of paper (attach sheet to this exam) & indicate the Kata chosen & the total score below.

SENIOR RANK PASSING PERCENTAGE:

GODAN 50% of the maximum possible score for the kata chosen
ROKUDAN 75% of the maximum possible score for the kata chosen

Name of additional Kata: _____

Total Score: _____ **Percentage of Maximum Possible score:** _____

SECTION IX: RESULTS AND CERTIFICATION:

- A. Total score for the information & vocabulary (Sec.III) _____
 - B. Total score for the demonstration of techniques (Sec.IV) _____
 - C. Total score for the demonstration of Nage-no-Kata (Sec.V) _____
 - D. Total score for the demonstration of Katame-no-Kata (Sec.VI) _____
 - E. Total score for the demonstration of Teaching Techniques (Sec.VII) _____
 - F. Total score for the demonstration of the additional Kata (Sec.VII) _____
- TOTAL SCORE: _____

G. The total passing scores for this exam are as follows:

	Senior Rank	Junior Rank	Passing Score	Senior Rank	Junior Rank	Passing Score
		1 st	13		17 th	259
		2 nd	24		18 th	277
		3 rd	36		19 th	298
Rokyu		4 th	50	Nikyu	20 th	314
		5 th	64	Ikkyu		360
		6 th	79	SHODAN		419
		7 th	93	NIDAN		461
Gokyu		8 th	110	SANDAN		497
		9 th	120	YONDAN		520
		10 th	141	GODAN		541 + 50% of maximum possible score for additional Kata
Yonkyu		11 th	157			
		12 th	174	ROKUDAN		562 + 75% of maximum possible score for additional Kata
		13 th	190			
		14 th	207			
		15 th	224			
Sankyu		16 th	240			

For each section of the exam compare the candidate's score with the required passing score. If any section required for the rank applied for is failed, the candidate has failed the exam. If all sections have been passed the total score will be the same as or higher than the scores indicated above.

H. Indicate whether or not the examinee has passed the exam here:

Passed _____ Failed _____

I. Certification by the examiner(s):

I (We) certify that all answers and scores recorded on this exam were properly earned by the candidate, with no outside help, and under the provisions of the Oklahoma Judo Association Rank System.

1. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner) (Examiner's OJA Number)

2. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner) (Examiner's OJA Number)

3. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner) (Examiner's OJA Number)

4. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner) (Examiner's OJA Number)

5. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner)

(Examiner's OJA Number)

6. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner)

(Examiner's OJA Number)

7. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner)

(Examiner's OJA Number)

8. _____, _____
(Signature of examiner) (Date)

(Printed name of examiner)

(Rank of Examiner)

(Examiner's OJA Number)