



UNITED STATES JUDO ASSOCIATION

Exam for all Senior Jujitsu Ranks

July 2007

Name: _____ Rank testing for: _____

Instructor: _____ Existing time-in-grade: _____

Exam Date(s): _____ Required time-in-grade: _____

1. You must be a current member of the United States Judo Association with insurance in order to be examined for jujitsu rank promotion. Upon successful completion of this test and processing by the national office, a certificate of promotion, a rank patch, and a membership card showing your new rank will be sent to you.
2. The exam is scored 0 through 5. In general, the score of "0" is only given if the candidate does the wrong technique or performs so poorly as to earn no credit. "1" is given for a "minimum" demonstration. "2" is given for a "fair" demonstration. "3" is an "average/good" score. "4" is given for demonstrations "above average/very good." A score of "5" is only given if the student is skillful enough with the technique to likely apply it in a real-life, self-defense situation.
3. Arts may be demonstrated to either the right or left side.
4. Techniques must be effective, yet performed with control and with uke's safety in mind.
5. Place a check mark next (✓) to the technique(s) you wish to be examined on where appropriate. Above each section is a guide indicating the required number of techniques you must choose and demonstrate. The examiner will place his/her score as indicated below.

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
4	8	10	12	12	12	12	12	12	12	12	12

← Top row indicates what rank is being tested.

← Bottom row indicates the number of techniques that will be demonstrated from this section.

Example: Demonstrate a variety of escapes from various types of wrist grabs.

3 ✓ (Escape #1) two hands on one wrist escape

6. Candidates for Shodan and Nidan can have no more than two zero (0) scores, regardless of total points, in order to pass. Candidates for Sandan and Yodan can not have any zero (0) scores, regardless of total points, in order to pass. Candidates for Godan and above can not have any zero (0) or one (1) scores, regardless of total points, in order to pass.

Recommendation by the Instructor: I authorize that my student _____
is qualified to be examined and promoted in accordance with the USJA Jujitsu policies and procedures.

Signature of Instructor

Date

Printed Name of Instructor

Rank of Instructors

Certification by the Candidate: I certify that the scores recorded on this exam were properly earned.

Signature of Candidate

Date

Printed Name of Candidate

Certification by the Examiner(s): I certify that the above named candidate ☐ has not passed
the attached test as administered by me, and has met all other requirements for this rank promotion. ☐ has passed

Signature of Examiner #1

Date

Printed Name of Examiner #1

Rank of Examiner #1

Certification Level of Examiner #1

Signature of Examiner #2

Date

Printed Name of Examiner #2

Rank of Examiner #2

Certification Level of Examiner #2

Signature of Examiner #3

Date

Printed Name of Examiner #3

Rank of Examiner #3

Certification Level of Examiner #3

Name: _____

Rank Testing for: _____

Wrist Grab Escapes (LIST 1)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
4	8	10	12	12	12	12	12	12	12	12	12

Demonstrate a variety of escapes from various types of wrist grabs.

____	____	(Outside #1)	_____	____	____	(2-on-2 #1)	_____
____	____	(Outside #2)	_____	____	____	(2-on-2 #2)	_____
____	____	(Cross-Wrist #1)	_____	____	____	(Rear Grab #1)	_____
____	____	(Cross-Wrist #2)	_____	____	____	(Rear Grab #2)	_____
____	____	(2-on-1 #1)	_____	____	____	(Other #1)	_____
____	____	(2-on-1 #2)	_____	____	____	(Other #2)	_____

Clothing Grab Escapes (LIST 2)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	2	4	6	6	6	6	6	6	6	6	6

Demonstrate a variety of escapes from various types of clothing grabs.

____	____	(Escape #1)	_____	____	____	(Escape #4)	_____
____	____	(Escape #2)	_____	____	____	(Escape #5)	_____
____	____	(Escape #3)	_____	____	____	(Escape #6)	_____

Bear Hug Escapes (LIST 3)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	4	4	4	4	4	4	4	4	4	4

Demonstrate a variety of escapes from various types of bear hugs.

____	____	(Front Over Arms)	_____	____	____	(Rear Over Arms)	_____
____	____	(Front Under Arms)	_____	____	____	(Rear Under Arms)	_____

Choke Holds (LIST 4)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	3	5	6	6	8	12	12	12	12	12

Demonstrate various ways of effectively choking or strangling your opponent.

____	____	(Front #1)	_____	____	____	(Naked #1)	_____
____	____	(Front #2)	_____	____	____	(Naked #2)	_____
____	____	(Front #3)	_____	____	____	(Naked #3)	_____
____	____	(Rear #1)	_____	____	____	(Other #1)	_____
____	____	(Rear #2)	_____	____	____	(Other #2)	_____
____	____	(Rear #3)	_____	____	____	(Other #3)	_____

Choke Hold Escapes (LIST 5)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	3	5	6	6	6	6	12	12	12	12	12

Demonstrate various escapes from differing types of choking holds.

____	____	(Front #1)	_____	____	____	(Rear #1)	_____
____	____	(Front #2)	_____	____	____	(Rear #2)	_____
____	____	(Front #3)	_____	____	____	(Rear #3)	_____
____	____	(Front #4)	_____	____	____	(Rear #4)	_____
____	____	(Ground #1)	_____	____	____	(Other #1)	_____
____	____	(Ground #2)	_____	____	____	(Other #2)	_____

Name: _____

Rank Testing for: _____

Throws (LIST 6)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	3	6	9	11	12	16	20	20	20	20

Demonstrate throws that would appropriately be used in self-defense situations.

____	____	(Throw #1)	_____	____	____	(Throw #11)	_____
____	____	(Throw #2)	_____	____	____	(Throw #12)	_____
____	____	(Throw #3)	_____	____	____	(Throw #13)	_____
____	____	(Throw #4)	_____	____	____	(Throw #14)	_____
____	____	(Throw #5)	_____	____	____	(Throw #15)	_____
____	____	(Throw #6)	_____	____	____	(Throw #16)	_____
____	____	(Throw #7)	_____	____	____	(Throw #17)	_____
____	____	(Throw #8)	_____	____	____	(Throw #18)	_____
____	____	(Throw #9)	_____	____	____	(Throw #19)	_____
____	____	(Throw #10)	_____	____	____	(Throw #20)	_____

Strikes (LIST 7)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
2	4	6	10	12	14	15	20	20	20	20	20

Identify 10 body target areas and Demonstrate 2 different strikes to each.

____	____	(Strike #1)	_____	____	____	(Strike #11)	_____
____	____	(Strike #2)	_____	____	____	(Strike #12)	_____
____	____	(Strike #3)	_____	____	____	(Strike #13)	_____
____	____	(Strike #4)	_____	____	____	(Strike #14)	_____
____	____	(Strike #5)	_____	____	____	(Strike #15)	_____
____	____	(Strike #6)	_____	____	____	(Strike #16)	_____
____	____	(Strike #7)	_____	____	____	(Strike #17)	_____
____	____	(Strike #8)	_____	____	____	(Strike #18)	_____
____	____	(Strike #9)	_____	____	____	(Strike #19)	_____
____	____	(Strike #10)	_____	____	____	(Strike #20)	_____

Strike Defenses (LIST 8)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	3	5	7	11	15	15	18	18	18	18	18

Demonstrate effective blocks and defenses from strikes appropriately used in self-defense situations.

____	____	(Straight #1)	_____	____	____	(Fr.Kick #1)	_____
____	____	(Straight #2)	_____	____	____	(Fr.Kick #2)	_____
____	____	(Straight #3)	_____	____	____	(Other Kick #1)	_____
____	____	(Hook #1)	_____	____	____	(Other Kick #2)	_____
____	____	(Hook #2)	_____	____	____	(Other #1)	_____
____	____	(Hook #3)	_____	____	____	(Other #2)	_____
____	____	(Jab #1)	_____	____	____	(Other #3)	_____
____	____	(Jab #2)	_____	____	____	(Other #4)	_____
____	____	(Rt/Lft #1)	_____	____	____		_____
____	____	(Rt/Lft #2)	_____	____	____		_____

Name: _____

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Weapon Defenses (LIST 9)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	1	3	5	7	19	19	19	19	19

Demonstrate various defenses from knife, handgun, club, or other weapon that would appropriately be used in self-defense situations.

Score
Selection

_____	_____	(Knife #1)	_____	_____	(Other #1)	_____
_____	_____	(Knife #2)	_____	_____	(Other #2)	_____
_____	_____	(Knife #3)	_____	_____	(Other #3)	_____
_____	_____	(Gun #1)	_____	_____	(Other #4)	_____
_____	_____	(Gun #2)	_____	_____	(Other #5)	_____
_____	_____	(Gun #3)	_____	_____	(Other #6)	_____
_____	_____	(Club #1)	_____	_____	(Other #7)	_____
_____	_____	(Club #2)	_____	_____	(Other #8)	_____
_____	_____	(Club #3)	_____	_____	(Other #9)	_____

Headlock Escapes (LIST 10)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	2	3	3	3	3	3	3	3	3	3

Demonstrate effective escapes from headlock holds that would appropriately be used in self-defense situations.

Score
Selection

_____	_____	(Escape #1)	_____	_____	(Escape #3)	_____
_____	_____	(Escape #2)	_____	_____		

Joint Locks (LIST 11)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	1	3	6	8	10	10	16	16	16	16	16

Demonstrate various joint locks that would appropriately be used in self-defense situations.

Score
Selection

_____	_____	(Finger #1)	_____	_____	(Knee #1)	_____
_____	_____	(Finger #2)	_____	_____	(Knee #2)	_____
_____	_____	(Finger #3)	_____	_____	(Elbow #1)	_____
_____	_____	(Neck #1)	_____	_____	(Elbow #2)	_____
_____	_____	(Neck #2)	_____	_____	(Elbow #3)	_____
_____	_____	(Wrist #1)	_____	_____	(Other #1)	_____
_____	_____	(Wrist #2)	_____	_____	(Other #2)	_____
_____	_____	(Wrist #3)	_____	_____	(Other #3)	_____

Ground Control Holds (LIST 12)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	2	3	5	7	9	10	10	10	10	10	10

Demonstrate various ground control holds that would appropriately be used in self-defense situations.

Score
Selection

_____	_____	(Hold #1)	_____	_____	(Hold #6)	_____
_____	_____	(Hold #2)	_____	_____	(Hold #7)	_____
_____	_____	(Hold #3)	_____	_____	(Hold #8)	_____
_____	_____	(Hold #4)	_____	_____	(Hold #9)	_____
_____	_____	(Hold #5)	_____	_____	(Hold #10)	_____

Name: _____

Rank Testing for: _____

Mental Training (LIST 13)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
1	2	3	4	5	6	7	7	7	7	7	7

Demonstrate/explain mental aspects that would appropriately be used in self-defense situations.

—	—	(#1)	_____	—	—	(#5)	_____
—	—	(#2)	_____	—	—	(#6)	_____
—	—	(#3)	_____	—	—	(#7)	_____
—	—	(#4)	_____				

Instructor Directed (LIST 14)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
3	5	7	9	13	19	42	52	52	52	52	52

Demonstrate additional techniques that would appropriately be used in self-defense situations.

—	—	(#1)	_____	—	—	(#27)	_____
—	—	(#2)	_____	—	—	(#28)	_____
—	—	(#3)	_____	—	—	(#29)	_____
—	—	(#4)	_____	—	—	(#30)	_____
—	—	(#5)	_____	—	—	(#31)	_____
—	—	(#6)	_____	—	—	(#32)	_____
—	—	(#7)	_____	—	—	(#33)	_____
—	—	(#8)	_____	—	—	(#34)	_____
—	—	(#9)	_____	—	—	(#35)	_____
—	—	(#10)	_____	—	—	(#36)	_____
—	—	(#12)	_____	—	—	(#37)	_____
—	—	(#12)	_____	—	—	(#38)	_____
—	—	(#13)	_____	—	—	(#39)	_____
—	—	(#14)	_____	—	—	(#40)	_____
—	—	(#15)	_____	—	—	(#41)	_____
—	—	(#16)	_____	—	—	(#42)	_____
—	—	(#17)	_____	—	—	(#43)	_____
—	—	(#18)	_____	—	—	(#44)	_____
—	—	(#19)	_____	—	—	(#45)	_____
—	—	(#20)	_____	—	—	(#46)	_____
—	—	(#21)	_____	—	—	(#47)	_____
—	—	(#22)	_____	—	—	(#48)	_____
—	—	(#23)	_____	—	—	(#49)	_____
—	—	(#24)	_____	—	—	(#50)	_____
—	—	(#25)	_____	—	—	(#51)	_____
—	—	(#26)	_____	—	—	(#52)	_____

Kappo/First Aid (LIST 15)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	5	5	5	5	5

Provide Proof of First Aid/CPR Training or Demonstrate five Kappo Arts

—	—	(#1)	_____	—	—	(#4)	_____
—	—	(#2)	_____	—	—	(#5)	_____
—	—	(#3)	_____				

Name: _____

Rank Testing for: _____

Kata (LIST 16)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	1	2	2	2	2

Perform martial art kata with a minimum of 10 moves (2nd one for Nidan must have at least 15 moves).

(#1) _____

(#2) _____

Teaching (LIST 17)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	3K	1D			

Ability to teach Jujitsu up to and including the rank listed above.

(comments) _____

Positional Defenses (LIST 18)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	10	10	10	10	10

Demonstrate additional techniques that would appropriately be used in self-defense situations.

(#1 Kneel/Sit) _____

(#1 Lying) _____

(#2 Kneel/Sit) _____

(#2 Lying) _____

(#3 Kneel/Sit) _____

(#3 Lying) _____

(#4 Kneel/Sit) _____

(#4 Lying) _____

(#5 Kneel/Sit) _____

(#5 Lying) _____

Multiple Attackers (LIST 19)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	3	3	3	3	3

Demonstrate defenses from two or more attackers that would appropriately be used in self-defense situations.

(#1) _____

(#3) _____

(#2) _____

Use of a Weapon (LIST 20)Score
Selection

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	1	2	2	2	2

Demonstrate proficient use of a weapon, either traditional or modern (examinee's choice).

(#1) _____

(#2) _____

Name: _____

Rank Testing for: _____

Combination Techniques (LIST 21)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	10	10	10	10

Demonstrate combination techniques incorporating at least:
one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

Score
Selection

—	—	(#1)	_____	—	—	(#6)	_____
—	—	(#2)	_____	—	—	(#7)	_____
—	—	(#3)	_____	—	—	(#8)	_____
—	—	(#4)	_____	—	—	(#9)	_____
—	—	(#5)	_____	—	—	(#10)	_____

Ground Escapes (LIST 22)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	5	5	5	5

Demonstrate escapes from ground holds. (Examinee's choice of holds and escapes.)

Score
Selection

—	—	(#1)	_____	—	—	(#4)	_____
—	—	(#2)	_____	—	—	(#5)	_____
—	—	(#3)	_____				

Counters to Throws (LIST 23)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	5	5	5	5

Demonstrate counters to throws that would appropriately be used in self-defense situations.

Score
Selection

—	—	(#1)	_____	—	—	(#6)	_____
—	—	(#2)	_____	—	—	(#7)	_____
—	—	(#3)	_____	—	—	(#8)	_____
—	—	(#4)	_____	—	—	(#9)	_____
—	—	(#5)	_____	—	—	(#10)	_____

Presentation (LIST 24)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	1	1	1	1

Present a short oral or written presentation on the history and principles of Jujitsu.

Score
Selection

(comments) _____

Anatomy (LIST 25)

6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D
0	0	0	0	0	0	0	0	1	1	1	1

Demonstrate a basic understanding of human anatomy, including:
major bones, muscle groups, and vital areas.

Score
Selection

(comments) _____

Name: _____

Rank Testing for: _____

INTRODUCTION TO JUJITSU PROMOTION FORM

Note to Examiners

Jujitsu is a martial art focused on practical defenses against an attacker(s).

The intent of this document is to be inclusive of all of the various styles and schools that teach jujitsu. With that in mind, it is our belief that the Rank Examination demonstrate one's ability to defend one's self (attack based, not simply a "show me") against a variety of different attackers. The applicant should be able to demonstrate this ability from both a technical aspect (i.e., demonstrating throwing, joint locking/breaking, choking, and striking techniques to display a knowledge of jujitsu appropriate for the rank being tested and such techniques should be used as a response to an attack rather than in a static situation) a spontaneous aspect (i.e., demonstrating the ability to defend himself/herself without knowing the exact nature of the attack in advance.)

Please keep the following in mind when testing applicants:

1. Look for increasing quality as well as variety with increasing rank. This can be demonstrated in many ways, including the following:
 - a. Increasing control of his/her own body
 - b. Increasing ability to use the opponent's attack with minimum muscle
 - c. Increasing effectiveness of response. The ability to demonstrate a technique when prompted is not the same as the ability to use the technique when needed.
 - d. Increasing demonstration of the appropriate attitude; i.e., the proper use of ki
2. This is not an endurance test. Allow the applicant sufficient time for water and recovery, when necessary.
3. The techniques used by the applicant should represent an appropriate response to the attack; i.e., techniques used should not be designed to inflict more damage to the attacker than is justified by the attack.

Our current Jujitsu manual (which is not intended to be all inclusive) contains almost 200 different defenses that could be used against a variety of attacks. While it is not necessary to see each technique, it is important to see that the person being tested understands the principles that cause these techniques to work. Therefore, the examination should focus on the quality of the defenses rather than simply a "show me" level of knowledge of a quantity of defenses.

While those of lower rank will most likely rely on demonstrating their knowledge of a variety of defenses, it is the expectation that the quality and variety of the defenses will with progression in rank.

Another consideration is that in order for a person to progress higher ranks (beyond Shodan), he/she should be contributing to the art. The ability to teach and promote the art should be considered as well as knowledge of a number of techniques.

As various schools teach or emphasis various techniques in different orders, the techniques tested should depend upon the school's style. Point scoring should be as follows:

Technique is missing or totally ineffective =0

Basic knowledge of technique =1

Technique works with cooperative uki but has difficulty with an attacker =2

Technique will work against most attackers, but use of kuzushi often lacking =3

Technique will work against most attackers and demonstrates the use of kuzushi =4

Technique demonstrates efficient use of kusushi =5

Name: _____

Rank Testing for: _____

JUJITSU RANK EXAMINATION SCORE SUMMARY SHEETE
X
A
M
S
C
O
R
E
S

	RANK											
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
LIST 1												
LIST 2												
LIST 3												
LIST 4												
LIST 5												
LIST 6												
LIST 7												
LIST 8												
LIST 9												
LIST 10												
LIST 11												
LIST 12												
LIST 13												
LIST 14												
LIST 15												
LIST 16												
LIST 17												
LIST 18												
LIST 19												
LIST 20												
LIST 21												
LIST 22												
LIST 23												
LIST 24												
LIST 25												
Total Score For Demonstration												
Minimum Total Passing Score	39	101	151	241	294	381	471	651	699	699	699	746
Number of Skills Required	15	39	58	86	105	136	157	217	233	233	233	233
Expected Minimum Score (per skill)	2.6	2.6	2.6	2.8	2.8	2.8	3	3	3	3	3	3.2
	6K	5K	4K	3K	2K	1K	1D	2D	3D	4D	5D	6D+
JUJITSU RANK EXAMINATION SCORES												

Examination Results Passed _____ Failed _____

Examiner 1. Level _____ Name _____

Examiner 2. Level _____ Name _____

Examiner 3. Level _____ Name _____

Name: _____

Rank Testing for: _____

Here a suggestion for scoring:

	Rank	Possible number techniques that should be known	Average score for all techniques demonstrated
Rokyu	6K	15	2.6
Gokyu	5K	39	2.6
Yonkyu	4K	58	2.6
Sankyu	3K	86	2.8
Nikyu	2K	105	2.8
Ikkyu	1K	136	2.8
Shodan	1D	157	3.0
Nidan	2D	217	3.0
Sandan	3D	233	3.0
Yodan	4D	233	3.0
Godan	5D	233	3.0
Rokudan +	6D+	233	3.2

Test should not be an endurance test, even at the higher ranks. For example, for Shodan, the student may be asked to defend 30 attacks. The student may use any of the techniques but the proficiency level should be fairly high. The student could be asked to demonstrate specific techniques if there is a question of knowledge of sufficient number of techniques.