1. Promotion fees for Kyu grade are $20.00 for 6th through 4th. $30.00 for 3rd through 1st Kyu. Dan Grade #125.00 for Shodan, $150.00 for Nidan, $175.00 for Sandan, $200.00 for Yodan, $250.00 for Godan, $250.00 for Rokudan, $300.00 for Shichidan, $350.00 for Hachidan, $400.00 for Kudan, and $500.00 for Judan

2. All candidates must have achieved the required time-in grade and technical requirements for their next promotion in accordance with the latest edition of the USJA Senior Rank System Handbook plus in addition the changes listed on rank testing worksheet.

3. Please make sure the applicant is a current member of the USJA. If not please include fees for annual or Life Membership.

4. Please make checks payable or money orders payable to the above address.
United States Judo Association Jujitsu Dan Rank Application

<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>Instructor Signature</td>
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Complete Check List

Test & Certificate fee enclosed Amount: __________________________ Y

Martial Arts Biography of Applicant Enclosed Y
Written Thesis on Jujitsu provided to instructor copy enclosed (Shodan Only) Y
USJA Background Screening Policy Y

Minimum time in grade for promotion. Applicant must hold Shodan for 2 Years, Nidan 3 Years, Sandan 4 Years, Yodan 5 Years. All promotions for Godan and above shall be determined on an individual basis by the promotions board members of USJA. Instructors holding a minimum rank of Sandan may promote to Shodan without prior approval of the promotions board and must submit all necessary forms and fees to the promotions board to obtain a certificate. Instructors submitting for rank above Sandan must have a video of the applicant demonstrating their martial arts ability. This must accompany all necessary forms and fees.

Internal use only

Y N
Current member of USJA:
Y N
Time in grade with USJA:
Y N
Eligible for new rank:

Date of promotion: __________________________ Certificate # ________________
Registration person signature: __________________________ Date: __________________________
# USJA Jujitsu Rank Testing Worksheet

## Wrist Grab Escapes (List 1)

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

- Outside#1
- Outside#2
- Cross-Wrist #1
- Cross-Wrist #2
- 2 on 1 #1
- 2 on 1 #2
- 2 on 2 #1
- 2 on 2 #2
- Rear Grab #1
- Rear Grab #2
- Other #1
- Other #2

## Clothing Grab Escapes (List 2)

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

- Escape #1
- Escape #2
- Escape #3
- Escape #4
- Escape #5
- Escape #6

## Bear Hug Escapes (List 3)

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

- Front Over Arms
- Front Under Arms
- Rear Over Arms
- Rear Under Arms

## Choke Holds (List 4)

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Demonstrate various ways of effectively choking or strangling your opponent.

- Front #1
- Front #2
- Front #3
- Rear #1
- Rear #2
- Rear #3
- Naked #1
- Naked #2
- Naked #3
- Other #1
- Other #2
- Other #3

## Choke Hold Escape (List 5)

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Demonstrate various escapes from different types of choke holds.

- Front #1
- Front #2
- Front #3
- Front #4
- Ground #1
- Ground #2
- Rear #1
- Rear #2
- Rear #3
- Other #1
- Other #2
- Other #3
Throws (List 6)

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

- Throws #1
- Throws #2
- Throws #3
- Throws #4
- Throws #5
- Throws #6
- Throws #7
- Throws #8
- Throws #9
- Throws #10
- Throws #11
- Throws #12
- Throws #13
- Throws #14
- Throws #15
- Throws #16
- Throws #17
- Strikes #18
- Throws #19
- Throws #20

Strikes (List 7)

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

- Strikes #1
- Strikes #2
- Strikes #3
- Strikes #4
- Strikes #5
- Strikes #6
- Strikes #7
- Strikes #8
- Strikes #9
- Strikes #10
- Strikes #11
- Strikes #12
- Strikes #13
- Strikes #14
- Strikes #15
- Strikes #16
- Strikes #17
- Strikes #18
- Strikes #19
- Strikes #20

Strikes Defenses (List 8)

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

- Straight #1
- Straight #2
- Straight #3
- Hook #1
- Hook #2
- Hook #3
- Jab #1
- Jab #2
- Jab #3
- Rt/Lft #1
- Rt/Lft #2
- Fr.Kick #1
- Fr.Kick #2
- Other Kick #1
- Other Kick #2
- Other #1
- Other #2
- Other #3
- Other #4

4
## Weapon Defenses (List 9)

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</table>

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

- Knife #1
- Knife #2
- Knife #3
- Gun #1
- Gun #2
- Gun #3
- Club #1
- Club #2
- Club #3
- Other #1
- Other #2
- Other #3
- Other #4
- Other #5
- Other #6
- Other #7
- Other #8
- Other #9

## Headlock Escapes (List 10)

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

- Escape #1
- Escape #2
- Escape #3

## Joint Locks (List 11)

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

- Finger #1
- Finger #2
- Finger #3
- Neck #1
- Neck #2
- Wrist #1
- Wrist #2
- Wrist #3
- Knee #1
- Knee #2
- Elbow #1
- Elbow #2
- Elbow #3
- Other #1
- Other #2
- Other #3

## Ground Control Holds (List 12)

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

- Hold #1
- Hold #2
- Hold #3
- Hold #4
- Hold #5
- Hold #6
- Hold #7
- Hold #8
- Hold #9
- Hold #10
# Mental Training (List 13)

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

- #1
- #2
- #3
- #4
- #5
- #6
- #7
- #8

# Instructor Directed (List 14)

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

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# Kappo / First Aid (List 15)

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Provide proof of First Aid / CPR Training or demonstrate five Kappo Arts.

- #1
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### Kata (List 16)

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

# 1 __________ __________ __________ __________ __________

# 2 __________

### Teaching (List 17)

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

# 1 __________ __________ __________ __________ __________

# 2 __________

### Positional Defense (List 18)

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</table>

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

Knee/Sit# 1 __________ __________ __________ __________ Lying #1 __________

Knee/Sit# 2 __________ __________ __________ __________ Lying #2 __________

Knee/Sit# 3 __________ __________ __________ __________ Lying #3 __________

Knee/Sit# 4 __________ __________ __________ __________ Lying #4 __________

Knee/Sit# 5 __________ __________ __________ __________ Lying #5 __________

### Multiple Attackers (List 19)

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

# 1 __________ __________ __________ __________ __________

# 2 __________

# 3 __________

### Use of a Weapon (List 20)

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

# 1 __________ __________ __________ __________

# 2 __________

### Combination Techniques (List 21)

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</table>

Demonstrate combination techniques incorporating at least:

one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

# 1 __________ __________ __________ __________

# 2 __________

# 3 __________

# 4 __________

# 5 __________

# 6 __________

# 7 __________

# 8 __________

# 9 __________

# 10 __________
### Ground Escapes (List 22)

<table>
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</tr>
</tbody>
</table>

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

- one atemi/strike, one throw or takedown, and one control hold, joint lock, or choke.

#### Knee/Sit# 1

- Lying #1

#### Knee/Sit# 2

#### Knee/Sit# 3

### Counters to Throws (List 23)

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</tr>
<tr>
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</tr>
</tbody>
</table>

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

#### # 1

#### # 2

#### # 3

#### # 4

#### # 5

#### # 6

#### # 7

#### # 8

#### # 9

#### # 10

### Presentation (List 24)

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Present a short oral or written presentation on history and principles of jujitsu

(Comments)

### Anatomy (List 25)

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</tbody>
</table>

Demonstrate a basic understanding of human anatomy, including:

- major bones, muscle groups, and vital areas.

(Comments)

### Break Fall Ukemi Waza / Sutemi (List 26)

<table>
<thead>
<tr>
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<tbody>
<tr>
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</tr>
<tr>
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<td>5</td>
</tr>
</tbody>
</table>

Demonstrate break fall and understand difference between jujitsu cross leg and judo open leg.

- Right Roll
- Left Roll
- Rear Roll
- Right Slap
- Left Slap
- Straight Over
- Back Fall
- Front Drop
**Jujitsu Rank Examination Score Summary Sheet**

| 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 | LIST #26 |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 6K      | 5K      | 4K      | 3K      | 2K      | 1K      | 1D      | 2D      | 3D      | 4D      | 5D      | 6D      |
|         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |

**Total Score For Demonstration**

| Minimum Total Passing Score | 44 | 106 | 159 | 249 | 302 | 389 | 479 | 659 | 707 | 707 | 707 | 754 |
|----------------------------|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Number of Skills Required  | 20 | 44  | 66  | 94  | 113 | 144 | 165 | 225 | 241 | 241 | 241 | 241 |
| Expected Minimum Score (per skill) | 2.6 | 2.6 | 2.6 | 2.8 | 2.8 | 2.8 | 3.0 | 3.0 | 3.0 | 3.0 | 3.0 | 3.2 |

**Jujitsu Rank Examination Scores**

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<th>2D</th>
<th>3D</th>
<th>4D</th>
<th>5D</th>
<th>6D</th>
</tr>
</thead>
</table>

**Examination Results**

- Passed: ______________
- Failed: ______________

**Examiner 1. Level**

- Name: __________________

**Examiner 2. Level**

- Name: __________________

**Examiner 3. Level**

- Name: __________________
Here are suggestions for scoring:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Possible number of techniques that should be known</th>
<th>Average score for all techniques demonstrated</th>
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</thead>
<tbody>
<tr>
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</tr>
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<td>Gokyu</td>
<td>5K</td>
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<tr>
<td>Sandan</td>
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<tr>
<td>Yodan</td>
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<tr>
<td>Godan</td>
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</tr>
<tr>
<td>Rokudan+</td>
<td>6D</td>
<td>241</td>
</tr>
</tbody>
</table>

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 not be asked to demonstrate specific techniques if there is a question on knowledge of sufficient number of techniques.
USJA Jujitsu Promotion Procedure

1. Maintains records of the applicant to verify history, time-in-grade and points. In the event of a discrepancy, The United States Judo Association Office Records will be considered official.
2. Prepares the applicant for examination.
3. Assists in examining the applicant and ensures the application in properly completed with signatures and supporting documentation.

1. Administers the examination in accordance with established procedures approved by the Jujitsu Rank Board of the United States Judo Association.
2. Ensures the application form is properly completed, with signatures and supporting documentation as to the candidate’s history within the United States Judo Association.
3. In cases requiring more than one Master Examiner’s signature, the examination will be conducted in the presence of both or performed for each Master Examiner in different locations and verified by supporting documentation, such as Video or other visual documentation and witnesses to ensure that the proper testing was actually performed.
4. In cases where it is not possible for the candidate and the examiner to be together (such as the candidates overseas or in remote areas), Electronic means such as videotapes, DVD’s or CD’s may be used to show techniques to the examiner(s).

1. The applicant shall sign the application to verify that he or she has met the requirements for the level he or she is testing for.
2. Maintains accurate and verified promotion points records and if required to by the Rank Board, submit documentation verifying such activity.
3. Remits the non-refundable $25.00 fee.
4. Understands the responsibilities that comes with promotion to high Dan level.
5. The candidate is responsible to provide a passport type photo of her or himself which shall accompany the complete forms sent to the United States Judo Association's office. This assists the Promotion Board Members to place names with faces that they have possibility seen, but cannot remember. It is virtually impossible to know every applicant personally.

1. Verifies that examiners are current members recognized by the Jujitsu Board with valid and appropriate-level Examiner status, thereby eligible to examine Jujitsuka for promotion.
2. Verifies forms are properly completed.
3. Verifies eligibility through database and black belt files.
4. Verifies signatures.
5. Verifies forms are properly completed with supporting documentation.
6. Forwards applications to the Members of the Jujitsu Rank Board monthly.

1. Reviews applications for adherence to standers approved by the Jujitsu Rank Board.
2. Conduct due diligence on applications, as required.
3. Votes via e-mail will be initiated by the Secretary with the approval of the Chairman.
4. Approves or disapproves requested Promotions, as appropriate - providing reasons for rejection if applicable.

1. Receives the approved Promotion decisions of the United States Jujitsu Promotion Board from the Board Secretary.
2. Processes the applications received from the Jujitsu Rank Board's Secretary and collect the promotion fees for approved promotions.