

Zenyu Judo Dojo – Spring/Autumn Rank Promotion Application

I. Personal Information

Name _____ DOB ____/____/____
(Print neatly) (00/00/0000)

USAJudo # _____ Exp. Date _____

Present Rank 1-2-3-4-5-6 Kyu/Dan Date last promoted ____/____
(circle appropriate) (00/0000)

II. Technical Progress

Estimate the **number of practices** during the past 6 mos. _____

Your Tokui-waza 1. _____ 2. _____
(ex. seoi-nage or newaza)

List at least one *combination* or *set of complementary throws* that you have been recently working on:

1. _____ & _____
2. _____ & _____

III. Competition Records.

Zenyu Nite® Participation

<u>Month</u>	<u># of bouts</u>	<u>W / L</u>	<u>1st 2nd /3rd</u>

Tournament Records

<u>Date</u>	<u>Event</u>	<u>Opponent</u>	<u>Rank</u>	<u>Result</u>

(attach a separate sheet as necessary)

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IV Personal Growth

What are your short term judo goals? (2-3 mos.)

1. _____
2. _____

What are your long-term judo goals? (8 mos. - 1yr.)

3. _____
4. _____

Official use only (do not write in this box)

Info on file: Membership Heath Q/A Web consent Emergency Contact email
(circle as appropriate)

Technical knowledge level:

Kata Progress: Yes / No

Nage1 Nage2 Katame Ju Kime Go-shin Itsu (circle as appropriate)

Character and attitude/commitment toward improvement:

Recommendations / Comments:

Reviewer/Recommender:

Name _____

Signature _____

Rank _____ **Title** _____