



USSF DAN RANK APPLICATION

SECTION 1 PERSONAL DATA

Name: _____ Date: _____

Address: _____ E-mail Address: _____

_____ Phone: _____

Male / Female (circle) Minimum 18 yrs Shodan, 21 yrs Nidan, 24 yrs Sandan Birthdate: _____ Age: _____

Dan rank applying for: SHODAN NIDAN SANDAN

SECTION 2 MERITORIOUS SERVICE

Time in Service:

How long have you been in sumo? _____

How long have you been a member of the USSF? _____

Time in Grade:

(If applicable) Date of last rank? _____

(If applicable) Date(s) of other ranks? _____

Training:

Completed the KYU grades? with who? _____

Length of time you've been training? _____
How long are your training sessions? (i.e. twice a week for 2 hrs the past three years)

Who do you train with? _____

Have you any training in Japan or other foreign training? _____

SECTION 3 DAN REFERENCE

Ask your sensei and/or other higher ranking Dan member(s) to write a letter of recommendation
The letter from a higher ranking Dan member should include the following:

- A. Reasons for your promotion
- B. Character reference
- C. Degree of knowledge and understanding of sumo
- D. Verification of grade (belt) training

Recommend that this be sent directly to the promotion Board or delivered in a sealed envelope.

Note: It is up to the recommending individual whether he/she shares what they have submitted to the Promotion Board with the applicant.

SECTION 4 ATHLETIC LEVEL

Highest athletic level since last promotion _____ Highest athletic level in your career _____ Highest officiating level since last promotion _____ Highest officiating level in your career _____	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <th style="width:50%;">Athletic Level:</th> <th style="width:50%;">Officiating Level:</th> </tr> <tr> <td>1 World level medalist</td> <td>1 World</td> </tr> <tr> <td>2 International level medalist</td> <td>2 International</td> </tr> <tr> <td>3 World level competitor</td> <td>3 National</td> </tr> <tr> <td>4 International level competitor</td> <td>4 State</td> </tr> <tr> <td>5 National level medalist</td> <td>5 Local</td> </tr> <tr> <td>6 National level competitor</td> <td></td> </tr> <tr> <td>7 State level medalist</td> <td></td> </tr> <tr> <td>8 State level competitor</td> <td></td> </tr> <tr> <td>9 Local level medalist</td> <td></td> </tr> <tr> <td>10 Local level competitor</td> <td></td> </tr> </table>	Athletic Level:	Officiating Level:	1 World level medalist	1 World	2 International level medalist	2 International	3 World level competitor	3 National	4 International level competitor	4 State	5 National level medalist	5 Local	6 National level competitor		7 State level medalist		8 State level competitor		9 Local level medalist		10 Local level competitor		
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For Sections 5-8: If applying for Shodan, list details for the past three (3) years
 If applying for Nidan or higher, list details since last promotion

SECTION 5 COMPETITION RECORD

#	Date	Level	Location	Remarks: <small>medal / place, division, W/L record, notable opponents defeated, etc...</small>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Add separate sheet if needed

SECTION 6 TEACHING / INSTRUCTOR / COACHING EXPERIENCE

What USSF club do you instruct at? _____

Are you the Lead Instructor for your group? _____

Length of time you've been teaching/instructing/coaching? _____

How long are your training sessions? _____

What is your current training schedule? _____

Who do you train with? Adults/children? _____

How many students do you have? _____

Other Comments: _____

SECTION 7 OFFICIATING EXPERIENCE

#	Date	Level	Location	Remarks: <small>position (i.e. judge/referee), division(s), how many matches, how many mono-ii, etc...</small>
1				
2				
3				
4				
5				
6				
7				
8				
9				
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12				
13				
14				
15				
16				
17				
18				
19				
20				

SECTION 8 OTHER SUMO ACHIEVEMENTS

Include: other titles/positions held in local club/USSF/ISF, hosting of tournaments/demonstrations, contributions to sumo/local club/USSF/ISF, etc...

SECTION 9 PLANS OF CONTINUING SUMO EDUCATION & SUPPORT

SECTION 10 FOR USE BY PROMOTION BOARD

Board Member	Sec 2 TIG / TIS	Sec 3 Reference	Sec 4 Athletic Level	Sec 5 Competition	Sec 6 Instructor	Sec 7 Officiating	Sec 8 Achievements	Sec 9 Future Plans	Sec 11 Written Test	Sec 12 Kata Demonstration	DATE:	
											Overall	Approval Y / N
1											of 10...	
2											of 10...	
3											of 10...	
4											of 10...	
5											of 10...	

PROMOTED TO THE RANK OF: _____

Remarks:

Passed	<input type="checkbox"/>
Re-Test	<input type="checkbox"/>

SECTION 12 KATA / FORMS SHODAN

Demonstrate each of the following:	Demonstrate 10 or more of the following:																																																																																																															
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SECTION 12 KATA / FORMS

NIDAN / SANDAN

Demonstrate each of the following:

Default Loss

- Fumidashi (rear step out)
- Isamiashi (forward step out)
- Koshikudake (collapse)
- Tsukihaza (knee touch)
- Tsukite (hand touch)

Pass	Fail
<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"/>

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Overall Pass / Fail Defaults

List and demonstrate at least eight (8) kimarite since your promotion to Shodan / Nidan.

Kimarite / Techniques

	Pass	Fail
1 _____	<input type="checkbox"/>	<input type="checkbox"/>
2 _____	<input type="checkbox"/>	<input type="checkbox"/>
3 _____	<input type="checkbox"/>	<input type="checkbox"/>
4 _____	<input type="checkbox"/>	<input type="checkbox"/>
5 _____	<input type="checkbox"/>	<input type="checkbox"/>
6 _____	<input type="checkbox"/>	<input type="checkbox"/>
7 _____	<input type="checkbox"/>	<input type="checkbox"/>
8 _____	<input type="checkbox"/>	<input type="checkbox"/>
9 _____	<input type="checkbox"/>	<input type="checkbox"/>
10 _____	<input type="checkbox"/>	<input type="checkbox"/>

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Overall Pass / Fail Kimarite

Keiko / Training

- Sonkyo (rest position)
- Shiko (leg lift)
- Suriashi (basic movement)
- Chirichozu (ring entering)
- Shinyaku (leg stretch)
- Koshiwari (thigh stretch)
- Chugoshi (proper posture)
- Ukemi (how to fall)
- Teppo (basic attack)
- Butsukari (push drill)

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Overall Pass / Fail Keiko

Gyoji/Referee & Shinpan/Judge

- Gyoji - Verbal
- Gyoji - Movements
- Describe Gyoji's positioning and what he is looking for
- Describe Shinpan's positioning and what he is looking for
- Describe Shinpan-bucho's responsibilities

Pass	Fail
<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"/>

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

Overall Pass / Fail Officials

Remarks: