

**RECOMMENDATION FOR PROMOTION**  
**(FORM 20 and FORM 20 Addendum)**  
**PROCEDURES**

- General: Form 20 and Form 20 Addendum should be completely jointly by the Head Instructor and Candidate **MUST BE TYPED** and complete the form in detail. Respond to all sections. NON-Typed Form 20's will be returned.
- Section 1: **Name, address and personal information**  
List full address including zip code and phone number
- Section 2: **Promotion History**  
Date: Dates of promotions (month & year)  
USJF No: USJF Number. Contact your registration chairperson or the UJSF National Office
- Section 3: **Judo Affiliation**  
List your Beginning and Present Dojo, Yudanshakai, Instructor and Entry Date.
- Section 4: **Major Shiai Record**  
List your major shiai record (list opponents) from your last Form 20. This is a continuation from your last Form 20 (promotion) to the current Form 20 being submitted.  
  
If you are a non-competitor, complete this section by entering "Non-competitor"
- Section 5: **Kata Proficiency**  
List your skills in each kata. Do not complete with "None" and avoid terms like "practiced", "have studied", "studying", "several clinics", "studied for 2 years", etc. Use terms like "satisfactory", "good", "very good" and "excellent".  
  
If you have kata competition, list under Major Shiai Record
- Section 6: **General Ability**  
List practice information, teaching experience, favorite waza and general attitude.
- Section 7: **Awards, Championships and Contributions**  
List your awards and championships. For non-competitors, list your contributions or accomplishments as they applied to your club, Yudanshakai and National level on the *Form 20 Addendum*.
- Section 8: **Educational History**  
Check education grades completed and list college degrees (if applicable)
- Photo: Please attach a PASSPORT photo with your application