

**RECOMMENDATION FOR PROMOTION**  
**FORM 20**  
**PROCEDURES**

General: Form 20 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.

**ALL CANDIDATES (COMPETITOR and NON-COMPETITORS)**  
**Complete page 1 of Form 20**

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**

**NON-COMPETITORS**

**Complete pages 2 -7 of Form 20**

**Submit the form via email to the CENCO Promotion Committee Secretary, Frances Christie**  
**fmchristie@earthlink.net**