

The American Judo and Jujitsu Federation

of the United States of America, Inc.

AJFF Athletic Taping Examination

Examinee _____ Rank _____

Taping Skills

The Examinee will be assigned to tape one joint - wrist, elbow, shoulder, knee or ankle.

The Examiner will specify type, location, and extent of injury to the selected joint.

A maximum of 15 minutes is allowed to complete the taping assignment.

The Examinee will be evaluated according to the following criteria:

Performance checklist:

(The maximum points are listed at left, if the following conditions are met)

- | | |
|---|--------------|
| 1. Anchor & stabilizing strips were placed correctly. | 3 pt. _____ |
| 2. Tape was applied to "X" across/over the point of injury. | 6 pt. _____ |
| 3. Tape was basket-weaved for maximum support. | 6 pt. _____ |
| 4. The tape strips were overlapped 1/2 the width of the tape strip below. | 6 pt. _____ |
| 5. There are not unintentional gaps between tape strips | 6 pt. _____ |
| 6. Locking strips were applied over the anchor strip. | 3 pt. _____ |
| 7. The tape was smoothed, molded, and contoured to fit the natural contours of the body with no major wrinkles that would cause painful tape cuts. | 6 pt. _____ |
| 8. The tape was applied directly to the skin for maximum support (see # 9). | 3 pt. _____ |
| 9. Under-wrap was used under the tape at points where the joint flexes to prevent tape cuts. | 3 pt. _____ |
| 10. The appropriate width of tape was used. | 3 pt. _____ |
| 11. The joint is stabilized in a natural position to not transfer excessive stress to another joint.
(Uke will move the taped joint through its full range of motion several times.) | 20 pt. _____ |
| 12. The joint is protected at the extreme range of motion, in the injured direction.
(Uke will apply stress to the joint in the injured direction.) | 20 pt. _____ |
| 13. The joint is not taped so tightly that circulation is impaired. | 15 pt. _____ |

Skills Test Score: _____

100 points possible (70 points minimum to pass)

Questions 1, 2, 3 - each answer is worth One Point

- 1. H.I.P.S. stands for: H. _____ I. _____
 P. _____ S. _____
- 2. R.I.C.E. stands for: R. _____ I. _____
 C. _____ E. _____
- 3. Name the four applications for which athletic taping is appropriate:
 a. _____ c. _____
 b. _____ d. _____

Questions 4-25, each question is worth 4 points

- 4. How can you tell if a lump or depression at an injured joint is abnormal? _____
- 5. An injured joint should not be taped for athletic activity if there is significant _____
- 6. Why would we ask the injured person to move the injured part through range of motion? _____
- 7. The recommended sequence for ice applications is _____ on; _____
- 8. Does an elastic bandage provide sufficient support for an injured joint during jujitsu t? Yes ___ No ___
- 9. Which should be used first to evaluate an injury? H.I.P.S. ___ or CPR/Standard First Aid _____
- 10. True or False: Correctly applied, athletic tape supports the joint only at end range of motion? _____
- 11. True or False: Athletic tape stretches and loses support with activity. _____

Fill in the blanks with the correct anatomical part. Some answers are used more than once.

- 12. In what joint are found the Medial & Lateral (Tibial &Fibular) Collateral Ligaments? _____
- 13. In what joint are found the Anterior and Posterior Cruciate Ligaments? _____
- 14. Name the bone of the upper arm. _____
- 15. Name the two bones of the lower arm. _____
- 16. " _____
- 17. Name the bone of the thigh. _____
- 18. Name the two bones of the lower leg. _____
- 19. " _____
- 20. Name the protusions that show on the sides of the ankle _____
- 21. " _____

List four signs, symptoms or types of injury that might warrant medical assistance.

- 22. _____
- 23. _____
- 24. _____
- 25. _____

AJFF Athletic Taping Examination Scores:

Taping Skills Test Score: _____ Trauma Management /Anatomy Score: _____
 (100 points possible - minimum 70 to pass) (100 points possible - minimum 70 to pass)

PASSED _____ FAILED _____

Examiner Signature _____ Rank _____ Date _____