



# ξ Northglenn Judo Club ξ

## PROMOTION GUIDE FOR SANKYU (GREEN BELT) - High, 1 stripe

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_ Examiner: \_\_\_\_\_  
Circle: Pass Fail

### GENERAL REQUIREMENTS:

1. Must show good behavior and attitude.
2. Must have consistently attended practice.
3. Time in grade as Sankyu (Green belt):
  - Non-competitor.....9 months
  - Competitor, 5 points.....6 months
  - Competitor, 10 points.....3 months
  - Competitor, 15 points.....0 time
4. Participation in club functions, such as fund raisers and tournament work.

### GENERAL KNOWLEDGE:

1. Names, colors and order of "kyu" belt ranking system.
2. Purpose and methods of "kata" and "randori".

### VOCABULARY:

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Tori.....the thrower         | 7. Yoshi.....ok; good to go     |
| 2. Uke.....the one being thrown | 8. Ippon.....full point         |
| 3. Soremade.....time is up      | 9. Waza-ari.....near full point |
| 4. Osaekomi.....hold down       | 10. Yuko.....near waza-ari      |
| 5. Toketa.....broken            | 11. Shido.....caution; penalty  |
| 6. Sonomama.....freeze          |                                 |

### ABILITY TO DEMONSTRATE:

1. Throwing Techniques\*

Tai-otoshi.....body drop  
Harai-goshi.....sweeping hip throw  
Okuri-ashi-barai.....assist foot sweep  
\*(Demonstrate one throw **both right and left**)

2. Holding Techniques\*\*

Kuzure-kami-shiho-gatame.....modified upper four-corner hold  
Tate-shiho-gatame.....vertical four-corner hold  
\*\*(Must also know escape(s) from the above holding techniques.)

3. Choking Techniques( 13 and older)

Kata-juji-jime.....half cross lock  
Gyaku-juji-jime.....reverse cross lock

4. Any Gokyu or Yonkyu level technique with improved skill.