



# ξ Northglenn Judo Club ξ

## PROMOTION GUIDE FOR NIKYU Sr. (BROWN BELT)

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:
  - Non-competitor.....1 year
  - Competitor, 5 points.....9 months
  - Competitor, 10 points.....6 months
  - Competitor, 15 points.....0 time
4. Participation in club functions, such as fund raisers and tournament work.
5. Any Gokyu, Yonkyu or Sankyu level technique with improved skill.

### VOCABULARY:

- |                                      |                                 |
|--------------------------------------|---------------------------------|
| 1. Nage waza.....throwing techniques | 7. Yoshi..... ok; good to go    |
| 2. Katame waza.....mat techniques    | 8. Ippon.....full point         |
| 3. Jikan.....time                    | 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

- Tsuri-komi-goshi.....lifting-pulling hip throw
- Sode-tsuri-komi-goshi.....sleeve lifting-pulling hip throw
- Uchimata.....inner thigh throw
- Tomoenage.....stomach throw
- Hane-goshi.....springing hip throw

#### 2. Choking Techniques( 13 and older)

- Nami juji-jime.....normal cross lock
- Okuri-eri-jime.....sliding lapel choke

#### 3. Arm-Bar Techniques(17 and older)

- Ude-gatame.....arm lock
- Ude-garami.....coil arm lock

#### 4. General Techniques

- Demonstrate one throw both left and right
- Demonstrate one combination technique
- Demonstrate one counter technique