



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR SANKYU 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 Yonkyu:
 - 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.