



Kokushikai Judo Academy

Sankyu Belt Promotion Requirements

Head Instructor, Celita Schutz and Technical Advisor, Sensei Matsumura

Basic Class Performance:

Continued to demonstrate basic dojo etiquette in class. Has demonstrated the spirit of learning and helping others. Sincere effort to improve oneself. Regular attendance. Possible competition participation (not mandatory).

Japanese terms:

Know these terms in Japanese: pulling hand, lifting hand, standing techniques, ground techniques, breaking balance

Tachi-waza (Standing techniques) See List

- Demonstration of 8 techniques with throw
- Demonstration of 3 combination techniques
- Demonstration of 3 counter techniques

Newaza (Ground techniques)

- Demonstration of 3 turnover techniques
 - opponent is on all fours
 - opponent is flat on belly
- Demonstration of escape from between opponents legs
- Demonstration of escaping leg from between opponents legs

Shimewaza (Strangle techniques) See List

- Demonstration of 3 chokes
- Application of Sankaku jime from front and with opponent on all fours

Kansetsuwaza (Joint techniques) See List

- Demonstration of 2 armbars

Tachi-waza

Uchimata

Harai goshi

Tai-otoshi

Tsubami gaeshi

Sumi gaeshi

Okuri ashi barai

Shimewaza

Sankaku jime

Kansetsuwaza

Ude gatame

Waki gatame

Individual must have current USJF membership card
Include everything from Yellow and Green belt exams