

SANKYU 3RD (BLUE BELT) MIN AGE 12 YRS OLD

75 CLASSES OR 7-8 MONTHS FROM LAST PROMOTION

STUDENT: _____

	EXCELLENT (10) 260 PTS	GOOD (8)	FAIR (7)	POOR (0)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
REI (BOW)				
HAJIME (START)				
MATE (STOP)				
MIGI (RIGHT)				
HIDARI (LEFT)				
O (MAJOR)				
KO (MINOR)				
SOTO (OUTER)				
UCHI (INNER)				
GOSHI (HIP)				
ASHI (FOOT)				
HIZA (KNEE)				
NAGE (THROW)				
WAZA (TECHNIQUE)				
RANDORI (FREE PRACTICE)				
SHIAI (CONTEST)				
KIYOSUKE (ATTENTION)				
MOKUSO (SILENT/STILL OR MEDITATION)				
TAI-SABAKI (BODY MOVEMENT)				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
KUMI-KATA (GRIPPING)				

	EXCELLENT (10) 150 PTS	GOOD (8)	FAIR (7)	POOR (0)
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FITTING), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)				
UKEMI DEFINE				
UKEMI (BREAK FALL)				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHI WAZA DEFINE				
TACHI WAZA (STANDING TECHNIQUE)				
O-SOTO GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				

	EXCELLENT (10) 140 PTS	GOOD (8)	FAIR (7)	POOR (0)
IPPON SEIO-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEOI- NAGE (TWO HANDED SHOULDER THROW)				
TAI-OTOSHI (BODY DROP)				
KOSHI-GURUMA (HIP CIRCLE)				
KOUCHI-GARI (MINOR INNER REAPING)				
TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)				
HARAI GOSHI (SWEEPING HIP THROW)				
KOSTO GARI (MINOR OUTER REAPING)				
OKURI ASHI HARAI (SLIDING FOOT SWEEP)				

	EXCELLENT (10) 140 PTS	GOOD (8)	FAIR (7)	POOR (0)
SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)				
UCHI MATA (INNER THIGH THROW)				
TOMOE-NAGE (HIGH CIRCLE THROW)				
HANE-GOSHI (SPRING HIP THROW)				
KOSOTO-GAKE (MINOR OUTER HOOK)				
TSURI-GOSHI (LIFTING HIP THROW)				
KATA GURUMA (SHOULDER WHEEL)				
ASHI GURUMA (FOOT WHEEL)				
NEWAZA DEFINE				
NEWAZA (GROUND TECHNIQUES)				
HON KESA- GATAME (SCARF HOLD)				
MAKURA KESA- GATAME (PILLOW SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA- GATAME (REVERSE SCARF HOLD)				
YOKO SHIHO GATAME (SIDE HOLD)				

	EXCELLENT (10) 110 PTS	GOOD (8)	FAIR (7)	POOR (0)
KATA-GATAME (SHOULDER HOLD)				
KAMISHIHO- GATAME (TOP 4 QUARTER HOLD)				
KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)				
TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)				
DEFINE SHIME WAZA (CHOKING TECHNIQUE) 13 Y/O AND ABOVE				
SHIME WAZA (CHOKING TECHNIQUE)				
HADAKA JIME (NAKED CHOKE HOLD)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
NAMI JUJI JIME (NORMAL CROSS CHOKE)				
KATA JUJI JIME (HALF CROSS CHOKE)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
HISTORY				
WHAT DOES JUDO MEAN? (GENTLE WAY)				
NAME THE FOUNDER OF JUDO (JIGORO KANO)				
WHAT COUNTRY AND CITY WAS JUDO FOUNDED (TOKYO, JAPAN 1882 EISHO-JI TEMPLE)				
NAME THE ORIGINAL SCHOOL OF JUDO (KODOKAN)				
WHAT YEAR WAS JUDO FOUNDED (1882)				
SHISEI DEFINE				
SHISEI (POSTURE)- DEFINE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
RULES AND REFEREEING				
IPPON (FULL SCORE)				
WAZA-ARI (HALF SCORE)				
WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)				
OSAEKOMI (PIN)				
TOKETA (PIN BROKEN)				
SONO-MAMA (STAY AS YOU ARE)				
YOSHI (START)				
SHIDO (MINOR PENALTY)				
HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY- DISQUALIFICATION)				
2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)				
ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING SUPPORTING LEG FROM BEHIND, HEAD DIVE)				

	EXCELLENT (10) 90 PTS	GOOD (8)	FAIR (7)	POOR (0)
HIKI WAKI (DRAW)				
PRACTICE REFERRING IN DOJO				
FOOT MOVEMENT DEFINE				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
JUDO GI – JUDO UNIFORM TERMINOLOGY				
UWAGI (JACKET)				
ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
TOTAL SCORE (1120/1130 PTS)				

TOTAL SCORE: _____/1060 X 100 = _____

TOTAL SCORE: _____/1130 X 100 = _____ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____

SANKYU 3RD (BLUE BELT) MIN AGE 12 YRS OLD

75 CLASSES OR 7-8 MONTHS FROM LAST PROMOTION

STUDENT: _____

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
ENTER DOJO AND MAT AREA				
SHISEI (POSTURE) DEMONSTRATE				
HON SHIZENTAI (NATURAL POSTURE)				
MIGI SHIZENTAI (RIGHT NATURAL POSTURE)				
HIDARI SHIZENTAI (LEFT NATURAL POSTURE)				
JIGOTAI (DEFENSIVE POSTURE)				
MIGI JIGOTAI (RIGHT DEFENSIVE POSTURE)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
DEMONSTRATE FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				
TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				

	EXCELLENT (10) 110 PTS	GOOD (8)	FAIR (7)	POOR (0)
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEMONSTRATE TAI- SABAKI				
MAE-SABAKI (FRONT 90 DEG TURN)				
USHIRO MAESABAKI (BACK- FRONT 90 DEG TURN)				
MAE- MAWARISABAKI (180 DEG TURN)				
DEMONSTRATE				
KUMI-KATA (GRIPPING) MIGI/HIDARI				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)				
EBI (SHRIMP)- DEMONSTRATE				
NORMAL EBI (HEAD- FIRST DIRECTION)				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
UKEMI (BREAK FALLING) DEMONSTRATE				
USHIRO UKEMI (BACKWARD FALL)				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
MAE UKEMI (FORWARD FALL)				
TACHIWAZA (STANDING TECHNIQUE)- DEMONSTRATE				
O SOTO-GARI (MAJOR OUTER REAPING)				
DEASHI-HARAI (ADVANCING FOOT SWEEP)				
IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)				
UKI-GOSHI (FLOATING HIP THROW)				
O-GOSHI (MAJOR HIP THROW)				
O-UCHI-GARI (MAJOR INNER REAPING)				
SASAE TSURIKOMI ASHI (ANKLE PROPPING)				
HIZA GURUMA (KNEE WHEEL)				
MOROTE SEOI-NAGE (TWO HANDED SHOULDER THROW)				
TAI-OTOSHI (BODY DROP)				
KOSHI-GURUMA (HIP CIRCLE)				
KOUCHI-GARI (MINOR INNER REAPING)				

	EXCELLENT (10) 160 PTS	GOOD (8)	FAIR (7)	POOR (0)
TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)				
HARAI GOSHI (SWEEPING HIP THROW)				
KOSTO GARI (MINOR OUTER REAPING)				
OKURI ASHI HARAI (SLIDING FOOT SWEEP)				
SODE TSURIKOMI GOSHI (SLEEVE LIFTING AND PULLING HIP THROW)				
UCHI MATA (INNER THIGH THROW)				
TOMOE-NAGE (HIGH CIRCLE THROW)				
HANE-GOSHI (SPRING HIP THROW)				
KOSOTO-GAKE (MINOR OUTER HOOK)				
TSURI-GOSHI (LIFTING HIP THROW)				
KATA GURUMA (SHOULDER WHEEL)				
ASHI GURUMA (FOOT WHEEL)				
ONE THROW ON HIDARI SIDE				
ONE THROW ON MIGI SIDE				
2 COMBINATION THROWS				
2 RENRAKU-WAZAS (COMBINATION OF SEVERAL TECHNIQUES)				

	EXCELLENT (10) 120 PTS	GOOD (8)	FAIR (7)	POOR (0)
2 KAESHI-WAZAS (COUNTER TECHNIQUES)				
NEWAZA (GROUND TECHNIQUES) DEMONSTRATE				
HON-KESA-GATAME (NATURAL SCARF HOLD)				
MAKURA KESA- GATAME (PILLOW SCARF HOLD)				
KUZURE KESA- GATAME (MODIFIED SCARF HOLD)				
USHIRO KESA- GATAME (REVERSE SCARF HOLD)				
YOKO-SHIHO- GATAME (SIDE HOLD)				
KATA GATAME (SHOULDER HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)				
TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)				
DEMONSTRATE ESCAPE FROM:				
KESA-GATAME				

	EXCELLENT (10) 140 PTS	GOOD (8)	FAIR (7)	POOR (0)
YOKO SHIHO GATAME				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
1 ESCAPE FOM TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
GET OUT OF UKE'S LEG COIL				
DEMONSTRATE				
SANKAKU TURNOVER				
SANKAKU GATAME (TRIANGULAR PIN)				
1 TURN OVER (UKE FACE DOWN)				
2 ENTRIES PASS UKE'S LEGS (GUARD POSITION)				
STANDING TECHNIQUE TO OSAE WAZA				
TURNOVER FROM BEING ON THE BOTTOM				
DEMONSTRATE SHIME WAZA (CHOKING TECHNIQUE) 13 Y/O AND ABOVE				
HADAKA JIME (NAKED CHOKE HOLD)				
OKURI ERI JIME (SLIDING LAPEL CHOKE)				
KATA HA JIME (SINGLE WING CHOKE)				
NAMI JUJI JIME (NORMAL CROSS CHOKE)				

	EXCELLENT (10) 70 PTS	GOOD (8)	FAIR (7)	POOR (0)
KATA JUJI JIME (HALF CROSS CHOKE)				
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
ESCAPE FROM HADAKA JIME (NAKED CHOKE)				
ESCAPE FROM HADAKA JIME (NAKED CHOKE)				
SANKAKU-JIME (TRIANGULAR CHOKE)				
NAGE NO KATA (THROWING 1 ST SET) SAT PRACTICE				
TOTAL SCORE (790/880 PTS)				

TOTAL SCORE: _____/790 X 100 = _____

TOTAL SCORE: _____/880 X 100 = _____ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____