

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

75 CLASSES OR 7-8 MONTHS FROM LAST PROMOTION

STUDENT: _____

	EXCELLENT (10)	GOOD (8)	FAIR (7)	POOR (5)
VOCABULARY				
SENSEI (TEACHER)				
GI (JUDO UNIFORM)				
OBI (BELT)				
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)				
MAE (FRONT)				
USHIRO (BACK)				
WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)				
SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)				
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)				
DEMONSTRATE				
BASICS				
STANDING BOW (RITSUREI)				
KNEELING BOW (ZAREI)				
TYING BELT				
SPELL JUDO				
COUNT TO 10 (JAPANESE)				
ENTER DOJO AND MAT AREA				
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)				
HIDARI JIGOTAI (LEFT DEFENSIVE POSTURE)				
FOOT MOVEMENT				
AYUMI-ASHI (NORMAL WALKING)				

TSUGI-ASHI (ONE FOOT LEADS AND THE OTHER FOLLOWS)				
SURI-ASHI (MOVING ON THE BALLS OF YOUR FEET)				
DEFINE				
TAI-SABAKI (BODY MOVEMENT)				
KUMI-KATA (GRIPPING)				
DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)				
MAE-SABAKI (FRONT 90 DEG)				
USHIRO MAESABAKI (BACK-FRONT 90 DEG)				
MAE-MAWARISABAKI (180 DEG)				
DEMONSTRATE				
KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI				
HAPPO NO KUZUSHI (8 DIRECTIONS OF BREAKING BALANCE)				
THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE)				
EBI SHRIMP-DEFINE				
DEMONSTRATE EBI				
NORMAL EBI (HEAD-FIRST DIRECTION)				
REVERSE EBI (OPPOSITE DIRECTION SHRIMP)				
YOKO EBI (SIDE SHRIMP)				
JUDO GI -JUDO UNIFORM-DEFINE.TERMINOLOGY				
UWAGI (JACKET)				

ZUBON (PANT)				
OBI (BELT)				
ZORI (SLIPPER)				
DEMONSTRATE				
UKEMI (BREAK FALLING)- DEFINE				
USHIRO UKEMI (BACKWARD FALL)				
YOKO UKEMI (SIDE FALL)				
ZENPO KAITEN (SHOULDER ROLL)				
MAE MAWARE (FORWARD ROLL)				
ASSIST SENSEI WITH TEACHING UKEMI BEGINNER STUDENT				
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)				
HIKI WAKI (DRAW)				
PRACTICE REFERRING IN DOJO				
DEMONSTRATE				
TACHIWAZA (STANDING TECHNIQUE)- DEFINE				
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 THROWN)				
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)				
ONE THROW ON HIDARI SIDE				
ONE THROW ON MIGI SIDE				
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)				
2 RENRAKU-WAZAS (COMBINATION OF SEVERAL TECHNIQUES)				
2 KAESHI-WAZAS (COUNTER TECHNIQUES)				
DEMONSTRATE				
NEWAZA (GROUND TECHNIQUES)- DEFINE				
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)				
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 ESCAPES FROM				
KESA-GATAME (SCARF HOLD)				
YOKOSHIGATAME (SIDE HOLD)				
KAMISHIHO GATAME (TOP 4 QUARTER HOLD)				
TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)				
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				
GET OUT OF UKE'S LEG COIL				
KATA				

NAGE NO KATA (THROWING 1 ST SET) SAT PRACTICE				
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)				
KATA JUJI JIME (HALF CROSS CHOKE)				
GYAKU JUJI JIME (REVERSE CROSS CHOKE)				
ESCAPE FROM HADAKA JIME (NAKED CHOKE)				
SANKAKU-JIME (TRIANGULAR CHOKE)				
TOTAL SCORE (1370/1460 PTS)				

TOTAL SCORE: _____/1370 X 100 = _____

TOTAL SCORE: _____/1460 X 100 = _____ (13 AND ABOVE)

MUST PASS WITH A 70% OR BETTER

PASS/FAIL

INSTRUCTOR SIGNATURE: _____