

**SANKYU (BROWN BELT) ADULT**  
72 CLASSES OR 9 MONTHS FROM LAST PROMOTION

**STUDENT:** \_\_\_\_\_

|  | EXCELLENT (10) | GOOD (8) | FAIR (7) | POOR (5) |
|--|----------------|----------|----------|----------|
| <b>VOCABULARY</b>  |                |          |          |          |
| <b>SENSEI (TEACHER)</b>  |                |          |          |          |
| <b>GI (JUDO UNIFORM)</b>                                       |                |          |          |          |
| <b>OBI (BELT)</b>  |                |          |          |          |
| <b>REI (BOW)</b>   |                |          |          |          |
| <b>HAJIME (START)</b>  |                |          |          |          |
| <b>MATE (STOP)</b>   |                |          |          |          |
| <b>MIGI (RIGHT)</b>  |                |          |          |          |
| <b>HIDARI (LEFT)</b>   |                |          |          |          |
| <b>O (MAJOR)</b>   |                |          |          |          |
| <b>KO (MINOR)</b>  |                |          |          |          |
| <b>SOTO (OUTER)</b>  |                |          |          |          |
| <b>UCHI (INNER)</b>  |                |          |          |          |
| <b>GOSHI (HIP)</b>   |                |          |          |          |
| <b>ASHI (FOOT)</b>   |                |          |          |          |
| <b>HIZA (KNEE)</b>   |                |          |          |          |
| <b>NAGE (THROW)</b>  |                |          |          |          |
| <b>WAZA (TECHNIQUE)</b>  |                |          |          |          |
| <b>RANDORI (FREE PRACTICE)</b>                                 |                |          |          |          |
| <b>SHIAI (CONTEST)</b>   |                |          |          |          |
| <b>KIYOSUKE (ATTENTION)</b>                                    |                |          |          |          |
| <b>MOKUSO (SILENT/STILL OR MEDITATION)</b>                     |                |          |          |          |
| <b>MAE (FRONT)</b>   |                |          |          |          |
| <b>USHIRO (BACK)</b>   |                |          |          |          |
| <b>WHAT IS JITA KYOEI (MUTUAL WELFARE AND BENEFIT)</b>         |                |          |          |          |
| <b>SEIRYOKU ZENYO (MAXIMUM EFFICIENCY WITH MINIMAL EFFORT)</b> |                |          |          |          |
| <b>HISTORY</b>   |                |          |          |          |
| <b>WHAT DOES JUDO MEAN? (GENTLE WAY)</b>                       |                |          |          |          |
| <b>NAME THE FOUNDER OF JUDO (JIGORO KANO)</b>                  |                |          |          |          |

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| 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  |  |  |  |  |
| COMPETE IN SHIAI OR ASSIST WITH JUDO PROCESS                               |  |  |  |  |
| SHISEI (POSTURE)   |  |  |  |  |
| HON SHIZENTAI (NATURAL POSTURE)  |  |  |  |  |
| MIGI SHIZENTAI (RIGHT NATURAL POSTURE)                                     |  |  |  |  |
| HIDARI SHIZENTAI (LEFT NATURAL 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)                               |  |  |  |  |

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| <b>DEFINE</b>   |  |  |  |  |
| <b>TAI-SABAKI (BODY MOVEMENT)</b>   |  |  |  |  |
| <b>KUMI-KATA (GRIPPING)</b>   |  |  |  |  |
| <b>DEMONSTRATE TAI-SABAKI (BODY MOVEMENT)</b>   |  |  |  |  |
| <b>MAE-SABAKI (FRONT 90 DEG)</b>  |  |  |  |  |
| <b>USHIRO MAESABAKI (BACK-FRONT 90 DEG)</b>   |  |  |  |  |
| <b>MAE-MAWARISABAKI (180 DEG)</b>   |  |  |  |  |
| <b>DEMONSTRATE</b>  |  |  |  |  |
| <b>KUMI-KATA (GRIPPING VARIATIONS) MIGI/HIDARI</b>  |  |  |  |  |
| <b>HAPPO NO KUZUSHI (8 DIRECTIONS OF BREAKING BALANCE)</b>  |  |  |  |  |
| <b>THREE PARTS OF THROW (KUZUSHI (BREAKING BALANCE), TSUIKURI (FIT OF TECHNIQUE), KAKE (FINISH OF TECHNIQUE))</b> |  |  |  |  |
| <b>EBI (SHRIMP) DEFINE</b>  |  |  |  |  |
| <b>HEAD-FIRST SHRIMP</b>  |  |  |  |  |
| <b>REVERSE EBI (OPPOSITE DIRECTION SHRIMP)</b>  |  |  |  |  |
| <b>YOKO EBI (SIDE SHRIMP)</b>   |  |  |  |  |
| <b>JUDO GI (JUDO UNIFORM)- DEFINE. TERMINOLOGY</b>  |  |  |  |  |
| <b>UWAGI (JACKET)</b>   |  |  |  |  |
| <b>ZUBON (PANT)</b>   |  |  |  |  |
| <b>OBI (BELT)</b>   |  |  |  |  |
| <b>ZORI (SLIPPER)</b>   |  |  |  |  |

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| <b>DEMONSTRATE</b>  |  |  |  |  |
| <b>UKEMI (BREAK FALLING)</b>  |  |  |  |  |
| <b>USHIRO UKEMI (BACKWARD FALL)</b>   |  |  |  |  |
| <b>YOKO UKEMI (SIDE FALL)</b>   |  |  |  |  |
| <b>ZENPO KAITEN (SHOULDER ROLL)</b>   |  |  |  |  |
| <b>MAE MAWARE (FORWARD ROLL)</b>  |  |  |  |  |
| <b>DEMONSTRATES ABILITY TO TEACH BEGINNERS UKEMI</b>  |  |  |  |  |
| <b>RULES AND REFEREEING</b>   |  |  |  |  |
| <b>IPPON (FULL SCORE)</b>   |  |  |  |  |
| <b>WAZA-ARI (HALF SCORE)</b>  |  |  |  |  |
| <b>WAZA-ARI AWASETE IPPON (TWO HALF A POINTS EQUAL A FULL SCORE)</b>  |  |  |  |  |
| <b>OSAEKOMI (PIN)</b>   |  |  |  |  |
| <b>TOKETA (PIN BROKEN)</b>  |  |  |  |  |
| <b>SONO-MAMA (STAY AS YOU ARE)</b>  |  |  |  |  |
| <b>YOSHI (START)</b>  |  |  |  |  |
| <b>SHIDO (MINOR PENALTY)</b>  |  |  |  |  |
| <b>HANSOKU MAKE (GRAVE INFRINGEMENT PENALTY-DISQUALIFICATION)</b>   |  |  |  |  |
| <b>2 SHIDO PENALTIES (GRAB LEG, STALLING, BENDING, GRAB INSIDE GI, HOLDING SAME SIDE WITHOUT ATTACKING)</b> |  |  |  |  |
| <b>ONE EXAMPLE OF HANSOKU MAKE (LEG ENTANGLEMENT, SWEEPING)</b>   |  |  |  |  |

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| <b>SUPPORTING LEG FROM BEHIND, HEAD DIVE)</b>          |  |  |  |  |
| <b>DEMONSTRATE</b>                                     |  |  |  |  |
| <b>TACHIWAZA (STANDING TECHNIQUE)</b>                  |  |  |  |  |
| <b>O SOTO-GARI (MAJOR OUTER REAPING)</b>               |  |  |  |  |
| <b>DEASHI-HARAI (ADVANCING FOOT SWEEP)</b>             |  |  |  |  |
| <b>IPPON SEOI-NAGE (ONE ARM SHOULDER THROW)</b>        |  |  |  |  |
| <b>UKI-GOSHI (FLOATING HIP THROW)</b>                  |  |  |  |  |
| <b>O-GOSHI (MAJOR HIPMTHROW)</b>                       |  |  |  |  |
| <b>O-UCHI-GARI (MAJOR INNER REAPING)</b>               |  |  |  |  |
| <b>SASAE TSURIKOMI ASHI (ANKLE PROPPING)</b>           |  |  |  |  |
| <b>HIZA GURUMA (KNEE WHEEL)</b>                        |  |  |  |  |
| <b>MOROTE SEOI-NAGE (TWO HANDED SHOULDER THROW)</b>    |  |  |  |  |
| <b>TAI-OTOSHI (BODY DROP)</b>                          |  |  |  |  |
| <b>KOSHI-GURUMA (HIP CIRCLE)</b>                       |  |  |  |  |
| <b>KOUCHI-GARI (MINOR INNER REAPING)</b>               |  |  |  |  |
| <b>1 THROW ON OPPOSITE SIDE (MIGI/HIDARI SIDE)</b>     |  |  |  |  |
| <b>TSURIKOMI GOSHI (LIFTING AND PULLING HIP THROW)</b> |  |  |  |  |
| <b>HARAI GOSHI (SWEEPING HIP THROW)</b>                |  |  |  |  |

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| <b>KOSTO GARI<br/>(MINOR OUTER<br/>REAPING)</b>                                    |  |  |  |  |
| <b>OKURI ASHI HARAI<br/>(SLIDING FOOT<br/>SWEEP)</b>                               |  |  |  |  |
| <b>SODE TSURIKOMI<br/>GOSHI (SLEEVE<br/>LIFTING AND<br/>PULLING HIP<br/>THROW)</b> |  |  |  |  |
| <b>KOUCHI-GAESHI<br/>(MINOR INNER<br/>COUNTER)</b>                                 |  |  |  |  |
| <b>1 RENRAKU-WAZAS<br/>(COMBINATION OF<br/>SEVERAL<br/>TECHNIQUES)</b>             |  |  |  |  |
| <b>1 KAESHI-WAZAS<br/>(COUNTER<br/>TECHNIQUES)</b>                                 |  |  |  |  |
| <b>DEMONSTRATE</b>   |  |  |  |  |
| <b>NEWAZA (GROUND<br/>TECHNIQUES)</b>  |  |  |  |  |
| <b>KESA-GATAME<br/>(SCARF HOLD)</b>  |  |  |  |  |
| <b>MAKURA KESA-<br/>GATAME (PILLOW<br/>SCARF HOLD)</b>                             |  |  |  |  |
| <b>YOKO-SHIHO-<br/>GATAME (SIDE<br/>HOLD)</b>                                      |  |  |  |  |
| <b>HON KESA-GATAME<br/>(NATURAL SCARF<br/>HOLD)</b>                                |  |  |  |  |
| <b>KUZURE KESA-<br/>GATAME<br/>(MODIFIED SCARF<br/>HOLD)</b>                       |  |  |  |  |
| <b>USHIRO KESA-<br/>GATAME (REVERSE<br/>SCARF HOLD)</b>                            |  |  |  |  |
| <b>ESCAPE FROM</b>   |  |  |  |  |
| <b>KESA-GATAME<br/>(SCARF HOLD)</b>  |  |  |  |  |
| <b>KATA GATAME<br/>(SHOULDER HOLD)</b>   |  |  |  |  |
| <b>KAMISHIHO<br/>GATAME (TOP 4<br/>QUARTER HOLD)</b>                               |  |  |  |  |

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| ESCAPE FROM YOKO SHIHO GATAME  |  |  |  |  |
| KUZURE KAMISHIHO GATAME (MODIFIED TOP 4 QUARTER HOLD)                      |  |  |  |  |
| TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)                                |  |  |  |  |
| ESCAPE FROM KAMISHIHO GATAME (TOP 4 QUARTER HOLD)                          |  |  |  |  |
| KUZURE TATE SHIHO GATAME (MODIFIED VERTICAL 4 QUARTER HOLD)                |  |  |  |  |
| 1 ESCAPE FOM TATE SHIHO GATAME (VERTICAL 4 QUARTER HOLD)                   |  |  |  |  |
| SANKAKU TURNOVER   |  |  |  |  |
| SANKAKU GATAME (TRIANGULAR PIN)  |  |  |  |  |
| GET OUT OF UKE'S LEG COIL  |  |  |  |  |
| KATA (FORMS)   |  |  |  |  |
| NAGE NO KATA (THROWING 1 <sup>ST</sup> , 2 <sup>ND</sup> SET) SAT PRACTICE |  |  |  |  |
| SHIME WAZA (CHOKING TECHNIQUE)- DEFINE. FOR 13 Y/O AND ABOVE               |  |  |  |  |
| HADAKA JIME (NAKED CHOKE HOLD)   |  |  |  |  |
| OKURI ERI JIME (SLIDING LAPEL CHOKE)                                       |  |  |  |  |
| KATA HA JIME (SINGLE WING CHOKE)   |  |  |  |  |

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| NAMI JUJI JIME<br>(NORMAL CROSS<br>CHOKE)                     |  |  |  |  |
| KATA JUJI JIME<br>(HALF CROSS<br>CHOKE)                       |  |  |  |  |
| GYAKU JUJI JIME<br>(REVERSE CROSS<br>CHOKE)                   |  |  |  |  |
| ESCAPE FROM<br>HADAKA JIME<br>(NAKED CHOKE)                   |  |  |  |  |
| ESCAPE FROM<br>NAMI-JUJI-JIME<br>(NORMAL CROSS<br>CHOKE)      |  |  |  |  |
| ESCAPE FROM<br>GYAKU JUJI JIME<br>(REVERSE CROSS<br>CHOKE)    |  |  |  |  |
| ESCAPE FROM KATA<br>JUJI JIME (HALF<br>CROSS CHOKE)           |  |  |  |  |
| ESCAPE FROM KATA<br>HA JIME (SINGLE<br>WING CHOKE)            |  |  |  |  |
| KANSETSU WAZA<br>(ARM LOCKS)-<br>DEFINE. FOR 17 YRS<br>AND UP |  |  |  |  |
| JUJI-GATAME<br>(CROSS ARM LOCK)                               |  |  |  |  |
| UDE-GARAMI (ARM<br>ENTANGLEMENT<br>ARM LOCK)                  |  |  |  |  |
| UDE GATAME (ARM<br>LOCK)                                      |  |  |  |  |
| DEFENSE AGAINST<br>KANSETSU WAZA                              |  |  |  |  |
| TOTAL SCORE (1330<br>PTS)                                     |  |  |  |  |

TOTAL SCORE: \_\_\_\_\_/1350 X 100 = \_\_\_\_\_

MUST PASS WITH A 70% OR BETTER

**PASS/FAIL**

INSTRUCTOR SIGNATURE: \_\_\_\_\_



