

## CCSF Sankyu Promotion Requirements

### Sankyu: Brown; 3<sup>rd</sup> Degree

#### 1) General Information on Judo

Basic Judo etiquette

- ***Wear Slippers To Mat Area, Bow When Entering Into Dojo An Mat Area, Proper Bow***

Basic Judo hygiene

- ***Clean; Personal Hygiene, Judogi***

Purpose of ukemi

- ***Learn to fall so you will not injured yourself, dissipate the force of falling***

Correct forms of sitting and kneeling

- ***informal-anza, formal-seiza***

Who was the founder of Judo?

- ***Dr Jigoro Kano.***

What is the name of the school he founded?

- ***The Kodokan.***

What is the date of the founding of Judo?

- ***1882.***

What was unarmed combat called in Japan before Judo?

- ***Ju Jitsu.***

What is the name of your Judo organization?

- ***The United States Judo Federation.***

Name the three parts of a Judo throw in English and Japanese:

- ***1. Off Balance-Kuzushi. 2. Entry-Tsukuri. 3. Execution-Kake.***

Name the three parts of unarmed combat in English and Japanese:

- ***Throwing techniques-Nage Waza. 2. Grappling techniques-Katame- Waza, 3. Striking techniques-Atemi Waza.***

Name the two divisions of throwing techniques in English and Japanese:

- ***1. Standing techniques-Tachi Waza. 2. Sacrifice techniques - Sutemi Waza.***

Name the three divisions of standing throwing techniques in English and Japanese:

- ***Hand techniques - Te Waza. 2. Hip techniques - Koshi Waza. 3. Foot techniques-Ashi Waza.***

Name the two divisions of sacrifice techniques in English and Japanese:

- ***1. Back falling sacrifice techniques - Ma Sutemi Waza. 2. Side falling sacrifice techniques - Yoko Sutemi Waza.***

Name the three divisions of mat techniques in English and Japanese:

- ***Holding techniques - Osaekomi Waza. 2. Choking techniques - Shime Waza. 3. Joint locking techniques - Kanetsu Waza.***

What are the two principles of Kodokan Judo as defined by Dr. Kano

- ***1. Maximum efficiency 2. Mutual benefit and welfare.***

What is the ultimate goal of Judo as defined by Dr. Kano?

- ***The harmonious development and eventual perfection of human character.***

Names and colors and order of “kyu” belt ranking system

- Gokyu (5<sup>th</sup> degree/ Green belt), Yonkyu (4<sup>th</sup> degree/Blue Belt), Sankyu (3<sup>rd</sup> degree/Brown Belt), Nikyu (2<sup>nd</sup> degree/Brown Belt), Ikkyu (1<sup>st</sup> degree/Brown Belt)

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<b>Go-Kyo-No-Waza</b>	
O-Soto-Gari Ko-Soto-Gari Okuri-Ashi-Barai Tsuru-Komi-Goshi Ippon Seoi-Nage Morote Seoi-Nage Ko-Uchi-Gari Yoko-Tomoe-Nage O-Uchi-Gari	Demonstrate

<b>Osae Waza Holding Techniques</b>	
Kesa- Gatame Kuzure-Kesa- Gatame Kuzure-Yoko-Shiho- Gatame (Modified) Kami Shiho Gatame Ushiro Kesa Gatame Tate Shiho Gatame	Demonstrate

<b>Shime waza</b>	
Juji-Jime Okuri-Eri-Jime Hadaka - Jime Kata - Juji-Jime Gyaku-Juji-Jime	Demonstrate

### Vocabulary

- Sitting on the knees - *Seiza*
- First penalty given by referee - **Shido**
- Second penalty given by referee (moderate penalty given by referee) - **Chui**
- Warning! (severe penalty given by referee) - **Keikoku**
- Loss by violation of the rules! (referee's call) - **Hansoku Make**
- Full point! (referee's award) - **Ippon**
- Almost full point! (referee's award, half-point) - **Wazari**
- Almost one-quarter point! (referee's award)-**Yuko**
- Slight superiority! (referee's award) - **Koka**
- Sliding foot walking - **Tsugi Ashi**
- Sifting cross-legged - **Anza**
- Advancing foot sweep throw - **De Ashi Harai**
- Major inside reaping throw - **Uchi Gari**
- Upper corners hold - **Kami Shiho Gatame**
- To float or floating - **Uki**
- Lower prop - **Sasae**
- Lift - **Tsuru**
- Pull - **Komi**

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- Modified (as in hold-downs) - *Kuzure*
- Right - *Migi*
- Left - *Hidari*
- Forward falls - *Zempo Ukemi*
- Decision! (referee's call for judges' decision) - *Hantei*
- Win by decision! (referee's call) - *Yusei Gachi*
- Floating hip throw - *Uki Goshi*
- Foot stop throw (literally "Lower-Prop Lift-Pull Foot") *Sasae Tsuru Komi Ashi*
- Modified scarf hold - *Kuzure Kesa Gatame*
- Fifth class (Kyu) Judo rank - *Gokyu*
- Body - *Tai*
- Rolling - *Kaiten*
- Front rolling falls - *Zempo Kaiten Ukemi*
- Drop - *Otoshi*
- Valley - *Tani*
- Pivoting or turning the body - *Tai Sabaki*

**Tournament Management: 1 Assist (Timer/Scorekeeper) Outside Tournament  
1 Assist CCSF Invitational Judo Tournament or Clinic**