Sankyu: Brown; 3rd 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 (5th degree/ Green belt), Yonkyu (4th degree/Blue Belt), Sankyu (3rd degree/Brown Belt), Nikyu (2nd degree/Brown Belt), Ikkyu (1st degree/Brown Belt)
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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 - **O Uchi Gari**
- Upper corners hold - **Kami Shiho Gatame**
- To float or floating - **Uki**
- Lower prop - **Sasae**
- Lift - **Tsuri**
- Pull - **Komi**
CCSF Sankyu Promotion Requirements

- 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 Tsuri 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