



ξ Northglenn Judo Club ξ

PROMOTION GUIDE FOR SANKYU (GREEN BELT) - No stripes

Student Name: _____ Date: _____ Examiner: _____
Circle: Pass Fail

GENERAL REQUIREMENTS:

1. Must show good behavior and attitude.
2. Must have consistently attended practice.
3. Time in grade as Yonkyu (Orange belt - High):
 - Non-competitor.....9 months
 - Competitor, 5 points.....6 months
 - Competitor, 10 points.....3 months
 - Competitor, 15 points.....0 time
4. Participation in club functions, such as fund raisers and tournament work.

GENERAL KNOWLEDGE:

1. Names, colors and order of "kyu" belt ranking system.
2. Purpose of "kata" and "randori".

VOCABULARY:

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|---------------------------------|---------------------------------|
| 1. Tori.....the thrower | 7. Yoshi.....ok; good to go |
| 2. Uki.....the one being thrown | 8. Ippon.....full point |
| 3. Soremade.....time is up | 9. Waza-ari.....near full point |
| 4. Osaekomi.....hold down | 10. Yuko.....near waza-ari |
| 5. Toketa.....broken | 11. Shido.....caution; penalty |
| 6. Sonomama.....freeze | |

ABILITY TO DEMONSTRATE:

1. Throwing Techniques
 - Tai-otoshi.....body drop
 - Harai-goshi.....sweeping hip throw
2. Holding Techniques*
 - Kuzure-kami-shiho-gatame.....modified upper four-corner hold
 - *(Must also know escape(s) from the above holding techniques.)
3. Choking Techniques(13 and older)
 - Kata-juji-jime.....half cross lock
4. Any Gokyu or Yonkyu level technique with improved skill.