

CCSF Sankyu Promotion Requirements

Sankyu: Brown; 3rd Degree

1. General knowledge: History of Judo
 1. Devise 5 questions on the History of Judo. Submit through CCSF Canvas
 2. Devise 5 questions on Basic Judo etiquette and Judo hygiene. Submit through CCSF Canvas.
2. Basic Judo etiquette and hygiene
 - *Wear slippers to mat area, execute proper bow when entering into dojo and mat area*
3. Basic Judo hygiene
 - *Clean; Personal Hygiene, Judogi*
4. Purpose of Ukemi
 - *Learn to fall so you will not injured yourself, dissipate the force of falling*
5. Correct forms of sitting and kneeling
 - *informal-anza, formal-seiza*
6. What is the name of your National Judo organization?
 - *The United States Judo Federation.*
7. Name the three parts of a Judo throw in English and Japanese:
 - *Off Balance-Kuzushi, Entry-Tsukuri, Execution-Kake.*
8. Name the three parts of unarmed combat in English and Japanese:
 - *Throwing techniques-Nage Waza, Grappling techniques-Katame- Waza, Striking techniques-Atemi Waza.*
9. Name the two divisions of throwing techniques in English and Japanese:
 - *Standing techniques-Tachi Waza. 2. Sacrifice techniques - Sutemi Waza.*
10. 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.*
11. Name the two divisions of sacrifice techniques in English and Japanese:
 - *Back falling sacrifice techniques - Ma Sutemi Waza. 2. Side falling sacrifice techniques - Yoko Sutemi Waza.*
12. 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.*
13. What are the two principles of Kodokan Judo as defined by Dr. Kano
 - *Maximum efficiency 2. Mutual benefit and welfare.*
14. What is the ultimate goal of Judo as defined by Dr. Kano?
 - *The harmonious development and eventual perfection of human character.*
15. Names and colors and order of “kyu” belt ranking system
 - *Yonkyu (4th degree/Green Belt), Sankyu (3rd degree/Brown Belt), Nikyu (2nd degree/Brown Belt), Ikkyu (1st degree/Brown Belt)*

Tournament Management: 1 Leadership Position CCSF Invitational Judo Tournament

- **Scorekeeper/Timer/Registration/Setup Coordinator/Concession Coordinator/Hospitality**

CCSF Sankyu Promotion Requirements

Go-Kyo-No-Waza

(40 Throwing Techniques)

Techniques will be executed according to the 3 elements: Kuzushi, Tsukuri, Kake,

1st Kyo				4th Kyo			
P	F	I		P	F	I	
			De-Ashi-Barai				Sumi Gaeshi
			Hiza-Guruma				Tani Otoshi
			Sasae Tsuru Komi Ashi				Hane Maki Komi
			Uki Goshi				Sukui Nage
			O Soto Gari				Utsuri Goshi
			O Goshi				O Guruma
			O Uchi Gari				Soto Maki Komi
			Seoi-nage: Ippon/Morote				Uki Otoshi
2nd Kyo				5th Kyo			
			Ko Soto Gari				O Soto Guruma
			Ko Uchi Gari				Uki Waza
			Koshi Guruma				Yoko Wakare
			Tsuru Komi Goshi				Yoko Guruma
			Okuri Ashi Harai				Ushiro Goshi
			Tai O-toshi				Ura Nage
			Harai Goshi				Sumi Otoshi
			Uchi Mata				Yoko Gake
3rd Kyo				Osae - Waza			
			Ko Soto Gake	P	F	I	Techniques
			Tsuru Goshi				Kesa- Gatame
			Yoko Otoshi				Kuzure Yoko Shiho Gatame
			Ashi Guruma				Tate Shiho Gatame
			Hane Goshi				Kami-Shiho-Gatame
			Harai Tsuru Komi Ashi				Kuzure-Kesa- Gatame
			Tomoe Nage				
			Kata Guruma				
Shime - Waza				P	F	I	Techniques
							Gyaku Juji-Jime
							Okuri-Eri-Jime
							Hadaka Jime
							Kataha-Jime

CCSF Sankyu Promotion Requirements

Vocabulary	
<ul style="list-style-type: none"> • Sitting on the knees - <i>Seiza</i> • First penalty given by referee - <i><u>Shido</u></i> • Loss by violation of the rules! (referee's call) - <i><u>Hansoku Make</u></i> • Full point! (referee's award) - <i><u>Ippon</u></i> • Almost full point! (referee's award, half-point) - <i><u>Wazari</u></i> • Sliding foot walking - <i><u>Tsugi Ashi</u></i> • Sifting cross-legged - <i><u>Anza</u></i> • Advancing foot sweep throw - <i><u>De Ashi Harai</u></i> • Major inside reaping throw - <i><u>O Uchi Gari</u></i> • Upper corners hold - <i><u>Kami Shiho Gatame</u></i> • To float or floating - <i><u>Uki</u></i> • Lower prop - <i><u>Sasae</u></i> • Lift - <i><u>Tsuri</u></i> • Pull - <i><u>Komi</u></i> • Modified (as in hold-downs) - <i><u>Kuzure</u></i> 	<ul style="list-style-type: none"> • Right - <i><u>Migi</u></i> • Left - <i><u>Hidari</u></i> • Forward falls - <i><u>Zempo Ukemi</u></i> • Decision! (referee's call for judges' decision) - <i><u>Hantei</u></i> • Win by decision! (referee's call) - <i><u>Yusei Gachi</u></i> • Floating hip throw - <i><u>Uki Goshi</u></i> • Foot stop throw (literally "Lower-Prop Lift-Pull Foot") - <i><u>Sasae Tsuri Komi Ashi</u></i> • Modified scarf hold - <i><u>Kuzure Kesa Gatame</u></i> • Fifth class (Kyu) Judo rank - <i><u>Gokyu</u></i> • Body - <i><u>Tai</u></i> • Rolling - <i><u>Kaiten</u></i> • Front rolling falls - <i><u>Zempo Kaiten Ukemi</u></i> • Drop - <i><u>Otoshi</u></i> • Valley - <i><u>Tani</u></i> • Pivoting or turning the body - <i><u>Tai Sabaki</u></i>