

Grading Test

Green Belt – 3rd Grade (Sankyu)

Terminology:

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|----------------|--------------------------|
| • Nage-No-Kata | Forms of throwing (five) |
| • Tachi-Waza | Standing techniques |
| • Sutemi-Waza | Sacrifice techniques |
| • Katame-Waza | Grappling techniques |

Anatomy:

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|-------------|-------|--------|-------------|
| • Kubi | Neck | • Hiza | Knee |
| • Ashi | Foot | • Do | Stomach |
| • Te | Hand | • Mata | Inner thigh |
| • Ashi-Kubi | Ankle | • Tai | Body |
| • Te-Kubi | Wrist | • O | Major |
| • Koshi | Hip | • Ko | Minor |

The following throws must be performed with right or left techniques:

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|------------------------|------------------------------|
| • Oh-Goshi | Major hip throw |
| • Tai-Otoshi | Body drop |
| • Seoi-Nage | Shoulder throw |
| • De-Ashi-Harai | Advance foot sweep |
| • Uki-Goshi | Floating hip-loin throw |
| • Oh-Soto-Gari | Major outer reaping |
| • Kosoto-Gari | Minor outer reaping |
| • Koshi-Guruma | Hip wheel |
| • Harai-Goshi | Sweeping loin |
| • Oh-Uchi-Gari | Major inner reaping |
| • Sasae-Tsurikomi-Ashi | Propping drawing ankle throw |
| • Tsurigoshi | Lifting hip throw |
| • Hiza-Guruma | Knee wheel |
| • Ko-Uchi-Gari | Minor inner reaping |
| • Hane-Goshi | Spring Hip Throw |
| • Tomoe-Nage | Circle or stomach throw |
| • Kosoto-Gake | Minor outer hooking |
| • Ashi-Guruma | Leg wheel |
| • Kata-Guruma | Shoulder wheel |

Katame-Waza

Osaekomi-Waza:

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|----------------------|--------------------------------|
| • Kesa-Gatame | Scarf hold (four variations) |
| ○ Hon-Kesa-Gatame | Regular scarf hold |
| ○ Kuzure-Kesa-Gatame | Irregular scarf hold |
| ○ Ushiro-Kesa-Gatame | Rear scarf hold |
| ○ Makura-Kesa-Gatame | Pillow scarf hold |
| • Kata-Gatame | Shoulder hold (two variations) |
| • Kami-Shiho-Gatame | Upper four direction hold |

Shime-Waza:

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|------------------|---------------------------------------|
| • Hada-Ka-Jime | Naked choke |
| • Okuri-Eri-Jime | Sliding collar |
| • Kata-Ha-Jime | Single wing choke |
| • Nage-No-Kata | Te-Waza with right and left technique |
| • Uki-Otoshi | Floating drop |
| • Seoi-Nage | Shoulder throw |
| • Kata-Guruma | Shoulder wheel |

Attendance: 40 classes from orange to green belt.