

## Sankyu/Brown Belt Requirements

**Requirement for belt testing include membership into governing Judo organization which is currently USA Judo under the club MOJJJO Wiregrass Judo. Attendance requirements as stated by instructor.**

**Time in Grade:** 9 months from Yonkyu or based on instructor recommendations and class attendance.

**1) General Knowledge must know each term and what it means for both general knowledge and demonstrated techniques.**

- a) Basic Judo Etiquette
- b) Basic Judo Hygiene
- c) When was Judo founded?
- d) Who founded Judo?
- e) Purpose of Ukemi (break falls)?
- f) Correct fundamentals of:
  - i) gripping(kumi kata)
  - ii) posture(shisei)
  - iii) natural posture(shizenhontai)
  - iv) defensive posture (jigohontai)
  - v) right defensive posture(migi jigotai)
  - vi) left defensive posture(hidari jigotai)
- g) Basic fundamentals of throwing (kuzushi, tsukuri and kake)
- h) Eight forms of unbalance
- i) Knowledge of the fundamental principles of Judo (maximum efficiency)
- j) Improved degree of skill with lower rank requirements
- k) Names, colors and order of "kyu" belt ranking system
- l) Purposes of "Kata" and "Randori"
- m) Terminology for all the below requirements.

**2) Ability to Demonstrate the following techniques:** + all previous techniques from past belt testing

- a) Ukemi (falls)
  - i) Koho Ukemi (back fall)
  - ii) Yoko Ukemi (side fall)
  - iii) Zenpo Kaiten Ukemi (forward roll)
- b) Nage-Waza (throwing techniques)
  - i) Sumi Gaeshi (corner reversal)
  - ii) Tani Otoshi (valley drop)
  - iii) Hane Makikomi (spring hip throw)
  - iv) Sukui Nage (scoop throw)
  - v) Utsuri Goshi (hip shift)
  - vi) O Guruma (large wheel)
  - vii) Soto Makikomi (outer wraparound)
  - viii) Uki Otoshi (floating drop)
  - ix) Kata Guruma (shoulder wheel)
- c) Katame-Waza (grappling techniques)
  - i) Sankaku-jime (triangle choke)
  - ii) Ude-hishigi-waki gatame (body arm lock)