



Senior Sankyu Study Guide

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Senior Sankyu Brown Belt Third Class

Study Guide

UNITED STATES JUDO FEDERATION



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USJF Judo

CAVEAT

This booklet is specifically intended for use as a study guide and aide to assist the student in preparing for promotions. It is expressly limited to this purpose only. Nothing contained herein should be construed by the user as constituting a rank standard for promotion different from the published USJF standard.

USJF students and others are encouraged to use this booklet as a study aid when preparing for promotion to the rank indicated on the cover. The USJF Board of Examiners believes that individuals choosing to use this study aid will benefit by increased knowledge of Kodokan Judo and in their preparation for promotion.

The official promotion procedures and senior rank standards used by the United States Judo Federation can be found online at http://www.usjf.com/public/rank_requirement.pdf. These rank standards are the definitive documents concerning criteria for rank and promotion procedures for the United States Judo Federation. For further information or clarification as to applicable minimum rank standards, please visit the website or check with your dojo sensei or yudanshakai board of examiner representative.

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Student Notes

Student Notes

Table of Contents

Introduction

General Information	1
General Eligibility	2

Promotion Tasks

General Knowledge	3
Suggested Reading	3
Ability to Demonstrate	4

Time In Grade

General Requirements	7
Sankyu Requirements	7
Time In Grade Reductions	8
Practice Time	8

Vocabulary

General Requirements	15
Vocabulary Words	16

Student Notes

Clinics, Classes, Special Training Activities	18
General Student Notes	19

Introduction

General Information

Sankyu is the first rank in Kodokan Judo where the judoka wears a Brown Belt. While still considered a “Beginner”, the judoka should have some basic skills and understanding of Kodokan Judo practice and techniques. At this rank, the general public will consider the judoka to be proficient in judo and will expect him/her to be able to explain Kodokan Judo and to execute techniques with a certain level of skill. Because of

this, it is important that the judoka understand that this is the first of several important transition ranks in



Kodokan Judo. Some of the others being the promotion to Shodan (First Degree Black Belt) where the judoka is first considered a "Student" of Kodokan Judo, the promotion to Yodan (Fourth Degree Black Belt) where the student is first considered to be a "Teacher", and the promotion to Rokudan (Sixth Degree Black Belt) where the teacher is allowed to wear a red and white belt.

Since this is the first of the “transition ranks”, it is important that the Instructor counsel the judoka as he/she prepares to engage in the challenge of becoming a Kodokan Judo Brown Belt. The judoka must be made to understand that he/she will be expected to be a leader in the class, that he/she must achieve and maintain a demeanor that will instill respect and cause other beginners to imitate his/her practice techniques and dedication. Therefore, the judoka must practice with sincerity, dedication and regularity.

Student Notes

Clinics, Classes, Special Training Activities Attended

[illegible]



Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
Black Belt Grade	Dan	Non-Black Belt Calss	Kyu
1st Degree Black Belt	Shodan	2nd Degree Black Belt	Nidan
3rd Degree Black Belt	Sandan	4th Degree Black Belt	Yodan
5th Degree Black Belt	Godan	6th Degree Black Belt	Rokudan
7th Degree Black Belt	Shichidan	8th Degree Black Belt	Hachidan
9th Degree Black Belt	Kudan	10th Degree Black Belt	Judan
6th Class Beginner	Rokukyu	5th Class Beginner	Gokyu
4th Class Beginner	Yonkyu	3rd Class Beginner	Sankyu
2nd Class Beginner	Nikyu	1st Class Beginner	Ikkyu
Informal Sitting	Anza	Formal Sitting	Seiza
Contest	Shiai	Minor Penalty	Shido
Major Penalty	Hansoke-Make	Free Practice	Randori
Pre-Arranged Form Practice	Kata	Judo Student	Judoka
Gentleness	Ju	Way	Do



Introduction

This study guide contains the “Requirements” identified by the USJF Board of Examiners for this rank, as well as “Suggested Knowledge” and techniques that may be used by the student and instructor. The required items must be performed by the candidate in an acceptable demonstration before being promoted to the rank identified in this guide. The “Suggested Knowledge” and techniques are additional items, not required for promotion, but they will result in a more thorough understanding of Kodokan Judo at this rank

General Eligibility

To be considered eligible for promotion to the rank of Sankyu, the judoka must demonstrate the following:

- A. Be of good moral character, have a good attitude and outlook on life in general and Kodokan Judo in particular, and show a maturity that will ensure that the knowledge he/she has gained, and will continue to gain, will not be abused.
- B. Technical proficiency in the techniques taught for this rank and at the lower ranks of Yonkyu and Gokyu.
- C. Adequate time in grade to both understand and be proficient in the techniques required at this rank.
- D. A recommendation by the Yudanshakai Board of Examiners with the approval of the candidates’s instructor.

Candidates for promotion must be currently registered with the United States Judo Federation. Required time in grade for any promotion will be measured by the number of full years (or months) registered with the USJF.



Promotion Tasks

Suggested Knowledge

Task	Date Completed
Name the rank and colors for the “Kyu” belt ranking system used for Senior Judoka by the USJF.	
Describe the purpose and methods of “kata” and “randori” in Kodokan Judo.	
Describe the basic history of Kodokan Judo that includes the date it was founded, where it was founded, who the founder was, and what it was developed from.	
Vocabulary (required words and phrases are listed in the back of this Task Book)	
Understanding of basic Kumi-Kata	

Suggested Reading

The candidate for promotion to Sankyu should consult with the head instructor to determine appropriate reading material to guide his/her study in Kodokan Judo. It is suggested, but not required, that the student read at least two books of the instructor's choosing in addition to visiting several of the internet sites that contain in depth information on Kodokan Judo. The books and websites listed here are provided as an aid to the instructor and student in selecting appropriate material.

“Born for the Mat” Keiko Fukuda

“Kodokan Judo” Jigoro Kano



Suggested Vocabulary

Suggested Vocabulary Words

English	Japanese	English	Japanese
One	Ich	Start	Haijime
Two	Ni	Stop	Matte
Three	San	That is all	Soremade
Four	See	Hold Still- Pause	Sona-Mama
Five	Go	Continue	Yoshi
Six	Roku	Hold Down	Osae-Komi
Seven	Sichi	Hold Bro- ken	Toketa
Eight	Hachi	One Point	Ippon
Nine	Ku	Half Point	Wazari
Ten	Ju	Almost Wazari	Yuko
Belt	Obi	Almost Yuko	Koka
Uniform	Gi	Decision	Hantei
Jacket	Uwagi	Settinhg Bow	Za-Rei
Side	Yoko	Wheel	Guruma
Drop	Otoshi	Choke	Jime
Hold	Gatame	Technique	Waza
		Practice Hall	Dojo
Collar	Eri	Foot or leg	Ashi

Suggested Vocabulary

General Requirements

Kodokan Judo is an Olympic Sport and self defense system that originated in Japan. Therefore, the techniques and class commands are properly known by their Japanese names. Learning the proper names for the tech-

niques, the commands used in class and the way to address the instructors and visitors is a requirement of all USJF students. This has the added benefit of allowing you to practice effectively anywhere

in the world where Kodokan Judo is taught.



In addition, all commands at Kodokan Judo tournaments up to and including the Olympic Games are given in Japanese. Therefore, it is imperative that the student understand these terms to be competitive in tournament play.

Promotion Tasks

Ability to Demonstrate

Ukemi-Waza	Date Completed
Ushiro-Ukemi	
Migi-Yoko Ukemi	
Hidari-Yoko-Ukemi	
Mae-Ukemi	
Migi Zenpo Kaiten	
Hadari Zenpo Kaiten	

Osaekomi-Waza	Date Completed
Kesa-Gatame	
Kata-Gatame	
Yoko-Shiho-Gatame	
Kami-Shiho-Gatame	
Tate-Shiho-Gatame	
Kuzure-Kami-Shiho-Gatame	

Promotion Tasks

Ability to Demonstrate

Shimi-Waza	Date Completed
Gyaku-Juji-Jime	
Kata-Juji-Jime	

Nage-Waza	Date Completed
De-Ashi-Barai	
Hiza-Guruma	
Uki-Goshi	
O-Soto-Gari	
O-Goshi	
O-Uchi-Gari	
Seoi-Nage	
Ko-Soto-Gari	
Ko-Uchi-Gari	
Okuri-Ashi-Barai	
Tai-Otoshi	
Harai-Goshi	

Time In Grade

Practice Time

[illegible]

Time In Grade

Practice Time

[illegible]

Promotion Tasks

Suggested Ability to Demonstrate

Kaeshi-Waza (Counter Techniques)	Date Compelcted
O-soto-Gari to O-Soto-Gaeshi	
Kesa-Gatame to Kesa-Gatame	

Combination Techniques	Date Completed
Seoi-Nage to Kesa-Gatame	
O-Goshi-to Yoko-Shiho-Gatame	
O-Soto-Gari to Kesa-Gatame	
O-Uchi-Gari to Ko-Uchi-Gari	
Kesa-Gatame to Kata-Gatame	
Kata-Gatame to Yoko-Shiho-Gatame	
Yoko-Shiho-Gatame to Kami-Shiho Gatame	
Kami-Shiho-Gatame to Kesa-Gatame	

Time In Grade

General Requirements

The time in grade requirements are based on a period of time that the student remained a registered member of the United States Judo Federation since his/her last promotion.

Time in Grade requirements are also based on the total time that the student has spent actively practicing Kodokan Judo since his/her last promotion. This is based on a minimum of 1.5 hours of mat time per session and at least two sessions per week.



Sankyu Requirements

NOTE: Although the minimum requirements are stated below the head instructor, based entirely on his/her determination, may require more or less time before awarding the promotion. The student must never question the timing of promotions.

Non-competitors are required to hold the rank of Yonkyu for nine months prior to going up for promotion to Sankyū and have approximately 128 hours of practice time on the mat as a Yonkyū.

Time In Grade

Practice Time

[illegible]

Time In Grade

Practice Time

[illegible]

Time In Grade

Time In Grade

Student Classification	Months
Non-Competitor	9 Months
Competitor, 5 points	6 Months
Competitor, 10 points	3 Months
Competitor, 15 points	0 Months

Time In Grade Reductions

Score	Points by Grade of Opponent					
	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
Ippon	1/3	1/2	1	1 1/2	2.0	3.0
Waza-ari	1/6	1/4	1/2	3/4	1.0	1 1/2

Practice Time

Date	Club or Event	Hours on Mat

Time In Grade

Practice Time

[illegible]

Time In Grade

Practice Time

[illegible]