

GREEN/BLUE BELT ADVANCED SANKYU TEST

TO BE ASSESSED AND MODIFIED PER SENSEI DISCRETION.

JUDO HISTORY & PHILOSOPHY

- ☐ Consistently demonstrate an increasing understanding, application and acceptance of Seiryoku Zenyo Jita Kyohei in the dojo.

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ☐ Set, share and achieve attainable goals for academic achievement, progression in judo, and community/family service

VOCABULARY

Translate the following from Japanese to English or English to Japanese.

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|--|---|
| <input type="checkbox"/> Hadaka-jime | <input type="checkbox"/> Seiryoku Zenyo Jita Kyohei |
| <input type="checkbox"/> Nami-juji-jime | <input type="checkbox"/> Sasae-tsurikomi-ashi |
| <input type="checkbox"/> Okuru-eri-jime | <input type="checkbox"/> Uchimata-sukashi |
| <input type="checkbox"/> Gyaku-juji-jime | |
| <input type="checkbox"/> Ude-hishigi-ude-gatame | |
| <input type="checkbox"/> Ude-garami | |
| <input type="checkbox"/> Ude-hishigi-juji-gatame | |

ESSENTIAL QUESTIONS

- ☐ How do you use Seiryoku Zenyo and/or Jita Kyohei in Judo as well as outside of Judo?

PRIOR RANK REQUIREMENTS ASSESSED

DEMONSTRATION REQUIREMENTS

Sensei will grade each demonstration requirement as a 4, 3, 2, or 1 score.

4 Advanced	3 Proficient	2 Developing	1 Needs Improvement
Judoka is able to demonstrate exemplary technique flawlessly with fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique with mostly fluid kuzushi, tsukuri, & kake from verbal command.	Judoka is able to demonstrate technique, but may need verbal cues or lacks in kuzushi, tsukuri, or kake.	Judoka is unable to complete the technique from verbal command or cues and/or lacks in 2+ execution requirements.

DEMONSTRATION REQUIREMENTS

Students must be able to demonstrate and translate all the following techniques.

GENERAL

- Understand contest rules
- Understand how to score keep, including accurately recording match outcomes
- Introduction to Kata basics:
 - ▷ Bowing protocols and specifics for the kata being introduced

KATA

- How to be a "good uke" for kata practice
- Kata basics
- Roles of Uke and Tori
- Bowing protocols
- General organization of Nage No Kata & Katame No Kata

NAGE-WAZA

- Sasae-tsurikomi-ashi
Supporting Foot Lift-Pull Throw
- Uchimata-sukashi
Inner Thigh Reaping Throw Slip

KATAME-WAZA

- Application, defenses, escapes, and tapping out of the following chokes:
 - ▷ Hadaka-jime, Nami-juji-jime, Okuru-eri-jime, and Gyaku-juji-jime
- Application, defenses and tapping out for the following armlocks:
 - ▷ Ude-hishigi-ude-gatame, Ude-garami, and Ude-hishigi-juji-gatame