

GREEN BELT

SANKYU

JUNIOR TESTING REQUIREMENTS STUDY GUIDE

STUDENTS ARE REQUIRED TO SHOW IMPROVEMENT ON ALL PREVIOUS KNOWLEDGE.

JUDO HISTORY & PHILOSOPHY

- ▶ Expanding understanding and scope of judo
- ▶ Jita kyoei (Mutual welfare)

PERSONAL DEVELOPMENT (MORAL CHARACTER)

- ▶ Expanded virtues of judo
- ▶ Expand physical fitness and adeptness
- ▶ Academic achievement
- ▶ Family engagement
- ▶ Community involvement
- ▶ Begin local level refereeing and/or technical officiating (if appropriate)
- ▶ Mentor less experienced judoka
- ▶ Begin leadership development
- ▶ Improved character traits
- ▶ Increased participation

VOCABULARY

Be able to translate the following from Japanese to English or English to Japanese.

Uchikomi Repetitive entries

Randori Free practice

Sutegeiko Cooperative/turn-taking practice

Jita Kyoei mutual welfare of all

ESSENTIAL QUESTION

How do I contribute to judo
and to my community?

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DEMONSTRATION REQUIREMENTS

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

GENERAL

- ▶ Describe the pros and cons of uchikomi, sutegeiko and randori
- ▶ Explain how they are related to each other
- ▶ Describe the professionalism needed in refereeing/officiating

UKEMI

- ▶ Solidly able to take ukemi, both right and left handed, for known throws
- ▶ Able to present one's self as a good uke

NAGE-WAZA

- ▶ Uchi-mata
Inner Thigh Reaping Throw
- ▶ Tsurikomi-goshi
Lift-Pull Hip Throw
- ▶ Sode-tsurikomi-goshi
Sleeve Lift-Pull Hip Throw
- ▶ Okuri-ashi-harai
Foot Sweep
- ▶ 1 Opposite Side Throw

KATAME-WAZA

- ▶ Variations, entries, escapes, and turnovers for Sankaku-jime Triangle Choke
- ▶ Continue to expand depth of repertoire