



Burnaby Judo Club
Bonsor Park Complex
6550 Bonsor Avenue
Burnaby BC, V5H-2G8
Website: www.burnabyjudoclub.ca



SANKYU (3rd) GRADE – GREEN BELT REQUIREMENTS

NAGAWAZA (THROWING TECHNIQUES)

	<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1	Tsuri Goshi	Lifting Hip Throw	Koshiwaza (Hip)
2	Hane Goshi	Hip Spring	Koshiwaza (Hip)
3	Tomoe Nage	Round Throw	Ma Sutemiwaza (Rear Body Drop)
4	Sasae Tsurikomi Ashi	Supporting Ankle Lifting Pull Throw	Ashiwaza (Leg)
5	Kosoto Gake	Small Outside Hook	Ashiwaza (Leg)
6	Harai Tsuri Komi Ashi	Pulling Lift Leg Sweep	Ashiwaza (Leg)
7	Kuchiki Taoshi	Dead Tree Drop	Ashiwaza (Leg)
8.	Kouchi Gake	Small Inner Hook	Ashiwaza (Leg)
9.	Deashi Harai	Forward Foot Sweep	Ashiwaza (Leg)
10.	Morote Gari	Two Arm Clip	Tewaza (Hand)

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kata Gatame Variations
 - Kuzure Under the Arm
 - Hon Same as Kesa Gatame
 - Makura Make Pillow, Grab Own Leg
 - Ushiro Reverse Kesa Gatame
2. Kuzure Kami Shio Gatame Modified Upper Four Corners Hold

SHIMEWAZA (STRANGLING TECHNIQUES)

1. Yoko Sankaku Jime Triangular Strangle

KANSETSUWAZA (ARM LOCKS)

Ude Garami Entangled Arm Lock

GENERAL REQUIREMENTS

- 1 All yellow and orange belt requirements plus:
 - 10 Throws (24 total)
 - All Osae Komi Waza (7 total)
 - All Shime Waza (2 total)
 - All Kansetsu Waza (2 total)