

REQUIREMENTS FOR SANKYU BROWN BELT 3 STRIPES

All Previous Requirements Plus:

Knowledge:

- History of class

Uke (Blocks/Defense):

- Correct application

Dachi (Stances):

- Sanchin Dachi
- Body Weight Percentage
- Correct Application

Ukemi (Breakfalls):

- All 6 from Standing Position
- Rolling over and obstacle

Kata:

Kids:

- Pinan Sandan
- Sanchin (Level 1)

Adults:

- Pinan Sandan
- Sanchin (Level 1)

Blocking Exercises:

- All 3 Blocking Exercises

Nagewaza (Throwing Techniques):

- 4 Basic Plus Variations

Tatame Waza (Grappling/Mat Techniques):

- Kesa Getame (Scarf Hold)
- Juji Getame (Cross Arm Lock) *Plus Variations
- Shiho Getame (4-Corner Hold)
- Hammer Lock
- Ankle Lock

Shime Waza (Choking Techniques):

- Hadaka Jime (Rear Naked Choke)
- Gi Choke
- Triangle Choke

Kansetsu Waza (Joint Manipulation Techniques):

- Ikkyo > Ude Osae (Arm Pin) > Ikkajo
- Nikyo > Kote Mawashi (Forearm Turn In/Rotation) > Nikajo
- Sankyo > Kote Hineri (Forearm/Wrist Twist) > Sankajo
- Yonkyo > Tekubi Osea (Wrist Pin) > Yonkajo
- Gokyo > Ude Nobashi (Arm Stretch) > Gokajo
- Rokyo > Kote Gaeshi (Reverse Forearm/Wrist Twist) > Rokajo
- Shichikyo > Shiho Nage (4-Corner Throw) > Shichikajo
- Hachikyo > Tekubi (Hyper Flexing Wrist Lock) > Hachikajo

Basic Knife Defense >**Adults:**

- Straight Attack
- #1 Attack
- 6-Point Knife Drill
- 8-Point Knife Drill

Pressure Testing:

- 5-minute sparring/grappling match

Note *Students will be required to teach a class under supervision of Sensei in order to assess student's comprehension and correct application of knowledge.