

BROWN BELT (SANKYU) EXAM

NAME: _____ DATE: _____ 20_____

GENERAL REQUIREMENTS

- Good moral character and maturity.
- Regular practice and attendance, twice a week.

GENERAL KNOWLEDGE

- Explain what Go Kyo non Waza is.
- Explain what Shinmeisho no Waza is.

DEMONSTRATE THE FOLLOWING TACHI WAZA:

- | | |
|---------------------|-------------|
| 1. Uchi Mata | A B C _____ |
| 2. O Soto Maki Komi | A B C _____ |
| 3. Uki Otoshi | A B C _____ |
| 4. Tani Otoshi | A B C _____ |
| 5. Sumi Gaeshi | A B C _____ |
| 6. O Uchi Gaeshi | A B C _____ |

DEMONSTRATE THE FOLLOWING NE WAZA:

- | | |
|---|-------------|
| 1. Ude Garami | A B C _____ |
| 2. Ude Gatame | A B C _____ |
| 3. Juji Gatame | A B C _____ |
| 4. The fundamentals of "stacking" and breaking the "closed-guard" position. | |

I AM APPLYING FOR A JUDO PROMOTIONAL EXAM

SIGNATURE: _____ DATE: _____ 20_____

EXAMINER: _____ OUTCOME: [] Pass [] Fail