

Sankyu- 3rd Degree Brown/Junior Blue (Min. of 45 hours of Class Instruction)  
History & General Knowledge

1. Who were the 4 men on the first US Olympic Judo Team in 1964? [Ben Campbell, Jim Bregman, George Harris, Paul Maruyama] \_\_\_\_\_

2. Who was the first American to win a medal in Judo in the Olympics? [Jim Bregman, 1964, Bronze] \_\_\_\_\_

### Terminology

3. Side Sacrifice Technique [Yoko Sutemi Waza] \_\_\_\_\_

4. Defense [Bogyo] \_\_\_\_\_

5. Body Pivoting [Tai Sabaki] \_\_\_\_\_

6. Inner Thigh Throw [Uchi Mata] \_\_\_\_\_

7. Minor Outside Hook Throw [Ko Soto Gake] \_\_\_\_\_

8. Foot Wheel Throw [Ashi Guruma] \_\_\_\_\_

9. Springing Hip Throw [Hane Goshi] \_\_\_\_\_

10. Circle Throw [Tomoe Nage] \_\_\_\_\_

11. Side Circle Throw [Yoko Tomoe Nage] \_\_\_\_\_

12. Shoulder Wheel Throw [Kata Guruma] \_\_\_\_\_

13. Springing Winding Throw [Hane Makikomi] \_\_\_\_\_

14. Inner Thigh Winding Throw [Uchi Mata Makikomi] \_\_\_\_\_

15. Floating Drop Throw [Uki Otoshi] \_\_\_\_\_

16. Scooping Throw [Sukui Nage] \_\_\_\_\_

17. Major Wheel Throw [O Guruma] \_\_\_\_\_

18. Two Handed Reaping Throw [Morote Gari] \_\_\_\_\_

19. Outside Winding Throw [Soto Makikomi] \_\_\_\_\_

20. Shoulder Hold [Kata Gatame] \_\_\_\_\_

21. Reverse Scarf Hold [Ushiro Kesa Gatame] \_\_\_\_\_

22. Straight Arm Armbar [Ude Gatame] \_\_\_\_\_

23. Bent Arm Armbar [Ude Garami] \_\_\_\_\_

24. Reverse Bent Arm Armbar [Gyaku Ude Garami] \_\_\_\_\_

### Demonstration

Referee's Signal for: Ippon \_\_\_\_\_

Waza Ari \_\_\_\_\_

Yuko \_\_\_\_\_

Osae Komi \_\_\_\_\_

Toketa \_\_\_\_\_

Matte \_\_\_\_\_

Non Combativity \_\_\_\_\_

Canceling a Score \_\_\_\_\_

Indicating a Winner \_\_\_\_\_

Tai Sabaki\_\_\_\_\_

Ko Soto Gake\_\_\_\_\_

Hane Goshi\_\_\_\_\_

Yoko Tomoe Nage\_\_\_\_\_

Hane Makikomi\_\_\_\_\_

Uki Otoshi\_\_\_\_\_

O Guruma\_\_\_\_\_

Soto Makikomi\_\_\_\_\_

Kata Gatame\_\_\_\_\_

Ushiro Kesa Gatame\_\_\_\_\_

Ude Garami\_\_

Ude Gatame\_\_\_\_\_

Uchi Mata\_\_\_\_\_

Ashi Guruma\_\_\_\_\_

Tomoe Nage\_\_\_\_\_

Kata Guruma\_\_\_\_\_

Uchi Mata Makikomi\_\_\_\_\_

Sukui Nage\_\_\_\_\_

Morote Gari\_\_\_\_\_

Legs over Escape\_\_\_\_\_

Uphill Turn Escape\_\_

Gyaku Ude Garami\_\_\_\_\_

Memory Verse: 1Cor. 9:24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.