

## Sandan Promotion Requirements

Revised: 11/20/04

### Sandan: Black Belt 3<sup>rd</sup> Degree      3 Mistakes Fail Test

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the throws in the 1<sup>st</sup> Kyo, 2<sup>nd</sup> Kyo, 3<sup>rd</sup> Kyo, 4<sup>th</sup> Kyo and 5<sup>th</sup> Kyo
3. Techniques will be judged according to the 3 elements: Kuzushi, Tsukuri, Kake.

<b>Go-Kyo-No-Waza</b>				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	5 Kyo
<ul style="list-style-type: none"> <li>• Requires 6 combinations.</li> <li>• 3 Counter throws against 1<sup>st</sup> &amp; 2<sup>nd</sup> Kyo techniques</li> </ul>				
De-Ashi-Barai Hiza-Guruma Sasae Tsuru Komi Ashi Uki Goshi O Soto Gari O Goshi O Uchi Gari Seoiage: Ippon/Morote	Ko Soto Gari Ko Uchi Gari Koshi Guruma Tsuru Komi Goshi Okuri Ashi Harai Tai Otoshi Harai Goshi Uchi Mata	Ko Soto Gake Tsuru Goshi Yoko Otoshi Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruma	Sumi Gaeshi Tani Otoshi Hane Maki Komi Sukui Nage Utsuri Goshi O Guruma Soto Maki Komi Uki Otoshi	O Soto Guruma Uki Waza Yoko Wakare Yoko Guruma Ushiro Goshi Ura Nage Sumi Otoshi Yoko Gake

<b>Osae Waza Techniques</b>	
Kesa- Gatame Kami Shiho Gatame Yoko Shiho Gatame Kata Gatame Tate Shiho Gatame Kuzure-Kesa- Gatame Kuzuri Kami Shiho Gatame	<ul style="list-style-type: none"> <li>• Demonstrate technique and escapes for each</li> <li>• Demonstrate Uke escape into: 2 Shime waza 2 Kansetsu waza</li> </ul>
<b>Sankaku Series:</b> <ul style="list-style-type: none"> <li>• Application to Shime-waza</li> <li>• Application to Osae-waza</li> <li>Application to Kansetsu-waza</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate</li> </ul>
<ul style="list-style-type: none"> <li>• Entering through legs when opponent is on back</li> <li>• Turning techniques when opponent is on knees and elbows</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate 3 methods for each</li> </ul>

<b>Shime-waza</b>	
Sode Guruma Tomoe Jime Tsukkomi Jime Nami Juji Jime Kataha Jime	<ul style="list-style-type: none"> <li>• Demonstrate</li> </ul>
Okuri-eri-jime Hadaka jime Kata Juji Jime	<ul style="list-style-type: none"> <li>• Demonstrate 3 applications for each shime waza</li> </ul>

<b>Kansetsu-Waza</b>	
Ude Garami	<ul style="list-style-type: none"> <li>• Demonstrate 2 applications from a throw or pin</li> </ul>
Ude Hishigi Juji Gatame	<ul style="list-style-type: none"> <li>• Demonstrate 2 applications from a throw or pin</li> </ul>
Ude-Hishigi Ude Gatame	<ul style="list-style-type: none"> <li>• Demonstrate 2 applications from a throw or pin</li> </ul>
Ude Hishigi Hiza Gatame	<ul style="list-style-type: none"> <li>• Demonstrate 2 applications from a throw or pin</li> </ul>

Kata: Katame no kata (complete set, tori and uke) or Kata Certificate: (Sandan)