



## Junior Third (3<sup>th</sup>) Degree – Orange

### Requirements (Minimum)

Age – 6

Time in Previous Degree – 3 months

Class Attendance – 24 classes

Promotions Points – 6 points (see point calculation sheet)

Previous Degree Requirements

All of this Degree Requirements signed off by a Sensei

Name \_\_\_\_\_

Date Started \_\_\_\_\_

Date Completed \_\_\_\_\_

### General Information

1. Count to ten in Japanese. (May be done verbally)

*1 – Ichi – One*

*2 – Ni – Two*

*3 – San – Three*

*4 – Shi – Four*

*5 – Go – Five*

*6 – Roku - Six*

*7 – Shichi - Seven*

*8 – Hachi - Eight*

*9 – Ku - Nine*

*10 – Ju - Ten*

2. Give a verbal explanation of the principal of maximum efficiency.

*Maximum efficiency – Seiryoku Zenyo*

3. Give a verbal explanation of the principal of mutual benefit and welfare.

*Mutual benefit and welfare – Jita Kyoei*

4. Name the two divisions of throwing techniques (*Nage Waza*) in English and Japanese.

*Standing techniques – Tachi Waza*

*Sacrifice techniques – Sutemi Waza*

### Judo Vocabulary

1. Sweep = *Harai*

2. Swallow = *Tsubame*

3. Counter = *Gaeshi*

4. Forms of off-balancing = *Happo No Kuzushi*

5. Forms of gripping one's opponent = *Kumi Kata*

6. Note! (a slight penalty given by the referee) = *Shido!*

7. Loss by violation of the rules (referee call) = *Hansoku Make!*

8. A full point by adding two waza-air scores (referee's award) = *Waza-ari Awasete Ippon!*

9. Almost one-half point (referee's award) = *Yuko!*

10. Slight superiority! (referee's award) = *Koka!*

11. Sliding foot walking = *Tsugi Ashi*

12. Normal foot walking = *Ayumi Ashi*

13. Sitting on knees = *Seiza*

14. Sitting crossed legged = *Anza*

15. Sacrifice = *Sutemi*

16. Throwing techniques done by falling on one's back or side = *Sutemi Waza*

17. Second degree black belt = *Nidan*

18. Advancing foot sweep = *De Ashi Harai*

19. Major inside reap = *Ouchi Gari*

20. Minor inside reap = *Kouchi Gari*

21. Hip wheel = *Koshi Guruma*

22. Swallow Counter = *Tsubame Gaeshi*

23. Upper corners hold = *Kami Shiho Gatame*



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### Technical Demonstration

#### Miscellaneous Skills

- \_\_\_\_\_ *Tsugi Ashi* - Sliding foot walking
- \_\_\_\_\_ *Ayumi Ashi* - Normal foot walking
- \_\_\_\_\_ *Happo No Kuzushi* - Forms of off-balancing

#### Kumi Kata Gripping Forms

- \_\_\_\_\_ Collar grip (grab close to the neck)
- \_\_\_\_\_ Swinging elbow break against a sleeve grip (*Uke* has sleeve grip, break the grip by stepping and pulling back on the side that is held by *Uke's*)

#### Nage Waza Throwing Techniques

- \_\_\_\_\_ *De Ashi Harai* - Advancing foot sweep
- \_\_\_\_\_ *Ouchi Gari* - Major inside reap
- \_\_\_\_\_ *Kouchi Gari* - Minor inside reap
- \_\_\_\_\_ *Koshi Guruma* - Hip wheel
- \_\_\_\_\_ Demonstrate one of the throws above using a left standard grip
- \_\_\_\_\_ Demonstrate a throw as an opponent moves to your left
- \_\_\_\_\_ Demonstrate one of the throws above using a different gripping configuration than a standard grip

#### Renraku Waza Combination Techniques

- \_\_\_\_\_ Forward throw to pin – *Koshi Guruma* to *Makura Kesa Gatame*

#### Bogyo Defense Against Throws

- \_\_\_\_\_ *Uke* attacks with *Koshi Guruma*: *Tori* defends with hip twist/block

#### Kaeshi No Waza Counter Throw Techniques

- \_\_\_\_\_ *Uke* attacks with *De Ashi Harai*: *Tori* counters with *Tsubame Gaeshi*

#### Katame Waza Holding Techniques

- \_\_\_\_\_ *Kami Shiho Gatame* - Upper corners hold

#### Fusegi Escape Methods from Hold-downs

- \_\_\_\_\_ Uphill turn from *Kesa Gatame*
- \_\_\_\_\_ Bridge and roll from *Yoko Shiho Gatame*
- \_\_\_\_\_ Single roll from *Kami Shiho Gatame*

#### Hairi Kata Entry Methods into Mat Work

- Hands & Knees Top** (*Uke* in the hands and knees position and *Tori* on top)
  - \_\_\_\_\_ Far arm and leg pull under (pull towards your belly and push with your shoulder over)
- Legs Around Top** (*Uke* in the bottom guard position and *Tori* in the top position)
  - \_\_\_\_\_ Ankle trap, knee over
- Hands & Knees Bottom** (*Tori* in the hands and knees position and *Uke* on top)
  - \_\_\_\_\_ Cradle with heel trap (opposite side heel trap)