



Sankyu Requirements

NAGE WAZA		Techniques	English Translation	NAGE NO KATA (uke and tori)		English Translation	
Tachi waza (standing techniques)	Te waza (hand techniques)	Morote seoi nage	Two handed shoulder throw	Uki otoshi	Floating body drop		
				Ippon seoi nage	One arm shoulder throw		
				Kata guruma	Shoulder wheel		
	Koshi waza (hip techniques)	Kata req.-Second set	Hip techniques >>	Uki goshi	Floating hip throw		
		Hane goshi	Springing hip throw	Harai goshi	Sweeping hip throw		
		Tsuri goshi [2=O & Ko]	Lifting hip throw	Tsuri komi goshi	Lifting pulling hip throw		
	Ashi waza (leg/foot techniques)	Harai tsuri komi ashi	Sweeping lifting pulling foot				
		Ashi guruma	Foot wheel				
		Ko soto gari	Minor outer reap				
	Sutemi waza (sacrifice techniques)	Yoko sutemi waza (side sacrifice techniques)	Yoko otoshi	Side body drop			
NE WAZA		Techniques	English Translation				
Katame waza (holding techniques)	Osaekomi waza (hold down techniques)	Mune gatame	Chest hold				
		Ushiro kesa gatame	Rear/reverse scarf hold				
		Kuzure kami shiho gatame (2)	Variation of upper four corner hold				
		Kuzure tate shiho gatame	Variation of vertical four corner hold				
	Shime waza (choking techniques)	Ude jime	Arm choke				
		Gyaku juji jime	Reverse cross choke				
		Kataha jime	Single wing choke				
	Kansetsu waza (joint locking techniques)	Ude gatame (2)	Arm lock (straight)				
		Ude garami (2)	Arm coil				
	ADDITIONAL Demonstrate 3 combinations and 3 counters of any throws of your choice						