



**Technical Rank Requirements
for Senior Sankyu (Brown Belt)**



- **All Technical Requirements for Senior Gokyu (Yellow Belt) and Senior Yonkyu (Green Belt), Plus the Following:**
- **Nage Waza:** Throwing Techniques
 - Okuri Ashi Harai:** Sliding Foot Sweep
 - Tai Otoshi:** Body Drop
 - Harai Goshi:** Sweeping Hip
 - Uchi Mata:** Inner Thigh
- **Renraku Waza:** Combination Techniques
 - Any 6 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 4 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - Ushiro Kesa Gatame:** Reverse Scarf Hold
 - 1 Escape from Ushiro Kesa Gatame
 - Uki Gatame:** Floating Hold
 - 1 Escape from Uki Gatame
 - Kuzure Yoko Shiho Gatame:** Variant Side 4-Corner Hold
 - 1 Escape from Kuzure Yoko Shiho Gatame
- **Shime Waza:** Choking/Strangulation Techniques
 - Sankaku Jime:** Triangle Choke
 - Tsukikomi Jime:** Thrusting or Poking Choke
- **Kansetsu Waza:** Joint Locking Techniques
 - Ude Garami:** Bent Arm Lock (both UP and DOWN variants)
 - Juji Gatame:** Cross Arm Lock
- **Other Judo Skills**
 - Transition Techniques:** 3 transitions from Nage Waza (throwing techniques) to Katame Waza (grappling techniques)
 - Bogyo (Defense):** demonstrate defenses against 6 throwing techniques