



# REQUIREMENTS FOR BLUE BELT | SANKYU

Updated: 9/30/07

PLUS:

Aiki Jujitsu 1	Shime Waza (#1-2)
Aiki Jujitsu 2	Nage Waza (#1-10)
Applied Karate 1	Comealongs (#1-6)
Osoto Gari	4 mo. teaching at green belt
Groundwork	
Osaekomi Waza	
Ukemi Waza (#1-5)	

## APPLIED KARATE 2

1	straight right	ude uke	ko	ganmen shuto
2	straight right	ude uke	ko	L. side uraken
3	straight right	soto ude uke	kiba	R. elbow check, L. side hiji, R. kagi
4	straight right	nagashi uke	kiba	haito, cross shuto
5	straight right	nagashi uke	kiba	R. elbow check, L. yoko shuto, R. downward uraken
6	straight right	soto cross shuto uke	ko (sink)	L. elbow check, haito
7	right roundhouse	cross shuto uke	ko	R. cross shuto uchi (ko)
8	right roundhouse	cross shuto uke	zen	mawashi zuki, kagi zuki, double ura zuki
9	right roundhouse	age uke	zen	double ura zuki
10	overhead club blow	jodan juji uke	zen	inside armbreak, double ura zuki
11	overhead club blow	jodan juji uke	zen	jodan tetsui
12	side club blow	inside double ude uke	kiba	side hiji
13	overhead chain attack	soto age uke	ko (sink)	kagi zuki
14	low knife thrust	L. gedan barai uke	zen	inside armbreak, L. downward uraken
15	low knife thrust	R. gedan barai uke	zen	outside armbreak, R. downward uraken
16	upward knife thrust	gedan juji uke	zen (step back)	forward armbreak, kagi zuki
17	straight lapel hold	tensho ude uke	neko	gyaku zuki
18	belt grab	gedan ulna uke	neko	downward uraken
19	front choke	kakiwake uke	zen (step back)	upwards hiji, jodan tetsui
20	front choke	kakiwake uke	zen (step back)	sakotsu, double ura zuki

## COMEALONGS (#7-15)

7	reverse ulna
8	handtwist
9	reverse hadaka jime
10	moro yubi tori
11	flexcrank
12	arm straddle
13	club jitsu
14	bum's rush (back): collar dragdown
15	bum's rush (forward): rear hadaka jime

## NAGE WAZA (#11)

11	right & left	kuchiki taoshi <i>[inside lift]</i>
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## UKEMI WAZA (#6-8)

6	barrier roll (right, left)
7	weapon pick-up roll (knife, staff, handgun)
8	weapon carry roll (knife, staff, handgun)

## GYAKU (#1-9)

1	front choke	winglock osoto gari	kneeling winglock
2	side headlock	tani otoshi	ground hara gatame
3	right & left	kuchiki taoshi	kata ashi hishigi
4	att. full nelson	sukui nage	hantai gatame
5	double lapel grab	koshi guruma	shoulder dislocator
6	rear hug (pinned)	ippon seoi	juji gatame
7	front choke	sode tsurikomi goshi	dragon choke
8	att. side headlock	kosoto gari	rear kneelingbar
9	right & left	ogoshi	front kneelingbar