

Sandan Promotion Requirements

Sandan: Black Belt 3rd 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 1st Kyo , 2nd Kyo, 3rd Kyo, 4th Kyo and 5th Kyo

Go-Kyo-No-Waza				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	5 Kyo
<ul style="list-style-type: none"> • Requires 6 combinations. • 3 Counter throws against 1st & 2nd Kyo techniques 				
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

Osae Waza Techniques	
Kesa Gatame Kami Shiho Gatame Yoko Shiho Gatame	<ul style="list-style-type: none"> • Demonstrate
Tate Shiho Gatame Kuzure-Kesa- Gatame Kata Gatame Kuzuri Kami Shiho Gatame	<ul style="list-style-type: none"> • Demonstrate technique and escapes for each

Osae Waza Techniques	
<ul style="list-style-type: none"> • Entering through legs when opponent is on back • Turning techniques when opponent is on knees and elbows 	<ul style="list-style-type: none"> • Demonstrate 4 methods for each

Shime-waza	
Sode Guruma Jime Tsukkomi Jime Nami Juji Jime Kataha Jime	<ul style="list-style-type: none"> • Demonstrate
Okuri-eri-jime Hadaka jime Kata Juji Jime	<ul style="list-style-type: none"> • Demonstrate 2 applications for each shime waza

Kansetsu-Waza	
Ude Garami	<ul style="list-style-type: none"> • Demonstrate 2 applications
Ude Hishigi Juji Gatame	<ul style="list-style-type: none"> • Demonstrate 2 applications
Ude-Hishigi Ude Gatame	<ul style="list-style-type: none"> • Demonstrate 2 applications
Ude Hishigi Hiza Gatame	<ul style="list-style-type: none"> • Demonstrate 2 applications

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