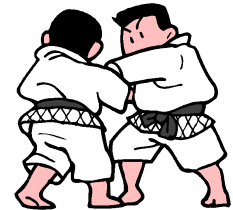




# SAN KYU

## SEINAN – OVER 16

Points Needed: 30



### **NAGE-WAZA (Throws):**

24 throws as selected from the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Go Kyo and up to 4 techniques from the 4<sup>th</sup> Go Kyo.

### **OSAE-WAZA (Hold downs):**

6 hold downs as selected.

Show escapes techniques to 4 of these techniques.

### **KANSETSU-WAZA (Arm locks):**

4 arm locks as selected.

Show 2 methods of neutralizing kansetsu-waza.

### **SHIME-WAZA (Strangles):**

4 strangles as selected.

Show 2 methods of neutralizing shime-waza.

### **RENROKU WAZA (Combinations) & KAESHI WAZA (Counters):**

5 combinations and 5 counters as selected.

### **TURNOVERS:**

4 turnovers as selected.

### **MOVING PAST THE LEGS:**

4 movements past the legs as selected.

### **NAGE-NO-KATA:**

Uke for the first 3 sets: te-waza, koshi-waza & ashi-waza.

### **THEORY:**

#### **(a) Terminology:**

uke ..... person who is thrown  
 tori ..... thrower  
 kumikata ..... gripping  
 randori ..... free practice  
 shiai ..... competition  
 uchi komi .. repeated practice  
 batsukan ..... positioning of  
 throw to point of balance

waza ..... technique  
 o ..... major  
 ko ..... minor  
 uchi ..... inner  
 soto ..... outer  
 tsukuri ... preparation for breaking balance  
 kuzushi ..... breaking balance  
 kake ..... throw

#### **(b) Counting:**

1 ..... ichi  
 2 ..... ni  
 3 ..... san  
 4 ..... shi  
 5 ..... go

6 ..... roku  
 7 ..... sichi  
 8 ..... hachi  
 9 ..... ku  
 10 ..... ju