

## SANKYU REQUIREMENTS

sufficient participation in tournaments, clinics and/or randori at other clubs  
ethical conduct and helpful to others in the dojo

### TACHI WAZA

#### Nage Waza

all nage from prior kyu requirements performed from right and left sides  
new nage required- kosoto gake, hane goshi, tsurikomi goshi,  
sode tsurikomi goshi, sumi geashi

#### Gaeshi Waza

avoidances and/or counters to all prior required nage

#### Renraku Waza

be able to perform 7 combinations of nage, 5 combinations of nage to ne  
waza (osaekomi, shime and/or kansetsu waza), 3 ne waza combos

### KATAME WAZA

demonstrate pass from between legs to osaekomi  
demonstrate 2 attacks on turtle positions and one on log  
demonstrate two attacks from guard position

#### Shime Waza

entries/applications for all prior required shime waza  
new: baseball choke, rear nami juji jime

#### Kansetsu Waza

ude garami, wake gatame, hiza gatame  
2 entries each for juji gatame, ude gatame