

# Judo Link Club Rank Promotion Guide

## *3<sup>rd</sup> Kyu (class) - Brown Belt Requirement*

Updated: March 2022

Note: Sankyu = Brown Belt (17 and older) or Purple belt (under 16)

### Terminology:

Ren-zoku waza – Combination techniques of the same throwing directions and/or the same technique

Shiai – tournament; competition

Kohaku shiai – a type of tournament where everyone lines up by size, rank and experience, starting with the smallest competitor and the winner stays to fight until defeated. Historically it is used to promote a person to the next rank when such person has achieved four to five ippon wins against opponents of the same rank. This is still regularly organized today at the Kodokan.

**Standing Techniques / Tachi-waza:** must perform uchi-komi and nage-komi



Uki-goshi / Floating hip



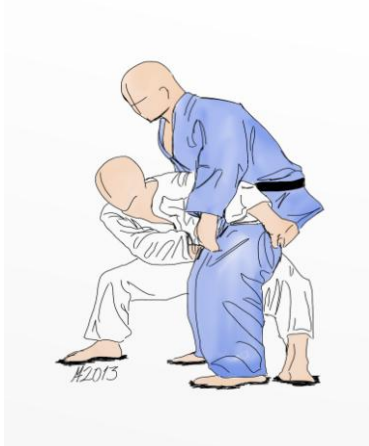
Ura-nage / Lifting backward throw



Hiza-guruma / Knee wheel



De-ashi-barai / Advancing foot sweep  
and counter-technique: Tsubame-gashi / Swallow  
Counter



Sukai-nage / Scooping throw [traditional]



Soto-makikomi – outside winding throw



Sukai-nage (also te-guruma / hand wheel)



Uchi-mata / Inner thigh throw



Tsuri-goshi / Lifting hip throw

**Standing / Tachi-waza Combinations:**

Ren-zoku-waza: Tsuri-goshi to tsuri-goshi

O-uchi-gari to uchi-mata

Uchi-mata to ko-uchi-gari

Hiza-guruma to harai-goshi

Tsuri-goshi to uchi-mata

**Defense in standing:**

Uke strikes down toward you, throw him with uki-goshi

Hug from behind (under/over arms) solution #4: Drop on your knees, and execute *seio-otoshi* (uke grab you over arms, it is basically a seio nage on the knees), *uchi-makikomi* (uke grabs you under arms. It is basically trap and roll)

## Ground Techniques / Ne-Waza:



(Yoko) Lateral sankaku-jime



Sode-guruma-jime / Sleeve wheel strangle

## Transition on the ground:

Turn-over: (when opponent is in the “turtle” position)

(Pietro’s) arm-trap side turn-over into juji-jime or juji-jime-gatame (cross arm trap hold that also looks like juji-jime [cross strangle])

From frontal position, grip the belt with one hand, put your opposite arm under uke’s shoulder through the arm pit to grab the belt with the other hand or control his arm:

1. Stretch one leg to the far side, sit back and finish with juji-gatame
2. Put your thigh over the back of uke’s head, roll him over and finish with yoko sankaku-jime

Arm-prying series: Wrist-trap from same-side, slide down on his arm so you are cross locked, move to the far side of uke, sit back for juji-gatame.

Competition style *leg spin and drag juji-gatame roll*: when both are facing downward and toward the same direction, put one shin on uke’s head and the other leg under uke’s belly, look to his feet by turning your body, grab

his leg, spin and lift it to turn both of you over to face upward and finish with juji-gatame.

Kesa-gatame to submission:

1. Sode-guruma jime
2. Ude-gatame using your legs on the trapped arm side
3. Ude-gatame using your hands on the far side arm by turning into yoko-shiho-gatame

Forbidden Technique 2/4: Ashi-garami (足緘) or Entangled leg lock

Bottom position:

*Close distance*

Leg extension roll: Double underhook behind uke's legs with your legs, fall back and roll to the side

Cross arm grip (under arm pit), lying on your side, leg hook reversal (usually used as a counter to uke's defense to scissors reversal)

*Medium distance*

Feet on biceps control with double sleeve grip, reverse uke by pushing upward with one foot and pull the other one toward the floor.

Defense:

Defense against straight ankle or foot lock when both of you are in sitting position.

Escape from kami-shiho-gatame

Fundamental defense against uke's attempt to put his feet as hooks on your legs when you are in the turtle position: 1. Elbow to knee 2. Raise your hips and stand up