



USSF SANKYU (3rd) GRADE PROMOTION

SECTION 1 PERSONAL DATA

Name: _____

Date: _____

Address: _____

E-mail Address: _____

Phone: _____

Male / Female
(circle)

Birthdate: _____ Age: _____

SECTION 2 GENERAL REQUIREMENTS

- | | | | | |
|---|---|--------------------|-----------|------------|
| 1 | Registered and current member of U.S. Sumo Federation? | | No | Yes |
| 2 | Registered and current member of local sumo club? | _____ | No | Yes |
| 3 | Recommended by? | _____ | | |
| 4 | (minimum 6 months) Time in Grade? | # of months? _____ | No | Yes |
| 5 | Attended over 51% of scheduled classes? | _____ of _____ | No | Yes |
| 6 | Demonstrated skills during sparing? | | No | Yes |
| 7 | Competed in at least one tournament since last promotion? | How many? _____ | No | Yes |

Last

- | | | |
|---|-------------------------|-------|
| 1 | (date/location, etc...) | _____ |
| 2 | (date/location, etc...) | _____ |
| 3 | (date/location, etc...) | _____ |
| 4 | (date/location, etc...) | _____ |
| 5 | (date/location, etc...) | _____ |
| 6 | (date/location, etc...) | _____ |
| 7 | (date/location, etc...) | _____ |
| 8 | (date/location, etc...) | _____ |

SECTION 3 COMMENTS BY INSTRUCTOR/TRAINER

SECTION 5 KATA / FORMS SANKYU (3rd) GRADE

Demonstrate each of the following:

Default Loss

- Fumidashi (rear step out)
- Isamiashi (forward step out)
- Koshikudake (collapse)
- Tsukihaza (knee touch)
- Tsukite (hand touch)

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Kimarite / Techniques

- Tsukidashi (front thrust out)
- Tsukiotoshi (front thrust down)
- Uwatenage (overarm throw)
- Uwatedashinage (pulling overarm throw)
- Tsuridashi (lift out)

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Keiko / Training

- Sonkyo (rest position)
- Shiko (leg lift)
- Suriashi (basic movement)
- Chirichozu (ring entering)
- Shinyaku (leg stretch)
- Koshiwari (thigh stretch)
- Chugoshi (proper posture)
- Ukemi (how to fall)
- Teppo (basic attack)
- Butsukari (push drill)

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

(demonstrate at least two)

- Yorikiri / Yoritaoshi (force out/down)
- Oshidashi / Oshitaoshi (push out/down)
- Hatakikomi (slap down)

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Maesabaki (Basic Defense)

(demonstrate at least three)

Examples; arm bar, using the body, release opponent grip, block opponent from getting grip, blocking opponents thrusts, etc...

Pass	Fail
<input type="checkbox"/>	<input type="checkbox"/>

SECTION 6 RESULTS

	Yes	No	Comments:
Met All General Requirements	<input type="checkbox"/>	<input type="checkbox"/>	_____
Written Test	<input type="checkbox"/>	<input type="checkbox"/>	_____
Kata / Forms	<input type="checkbox"/>	<input type="checkbox"/>	_____

Comments: _____

Promoted to next Grade Date: _____
 Not promoted: re-test

Certified by: _____