

Sankyu Requirements

Rolls & Falls:

Chugaeri:

Kneeling Forward Roll
Kneeling Shoulder Roll
Kneeling Back Roll
Standing Shoulder Roll
Standing Back Roll
Side Shoulder Roll
Dive Roll

Ukemi:

Kneeling Face Fall
Standing Face Fall
Rolling Flat Fall
Rolling Back Fall
Crouching Back Fall
Standing Back Fall
Crouching Side Fall

Sutemi:

Shoulder Flat Fall
Straight Over
Handstand Bridge Fall

Yawara (all)

Nage (all)

Shime (all)

Oku (all)

Seven Basic Kappo

Written Exam

Oral Vocabulary Exam

