



SYLLABUS

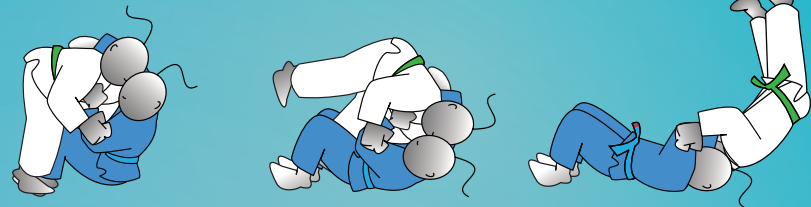
13TH MON TO 15TH MON



Kumi-kata (right against right)
Engagement position



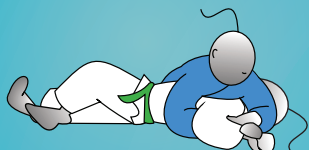
Yoko-guruma
Side wheel



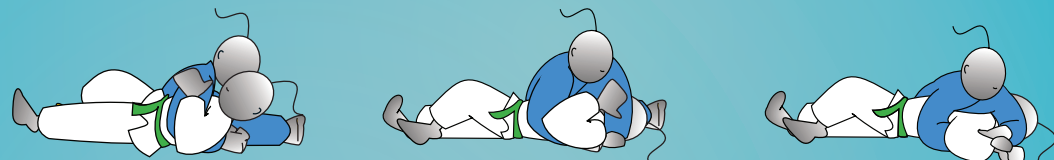
Tani-otoshi
Valley drop



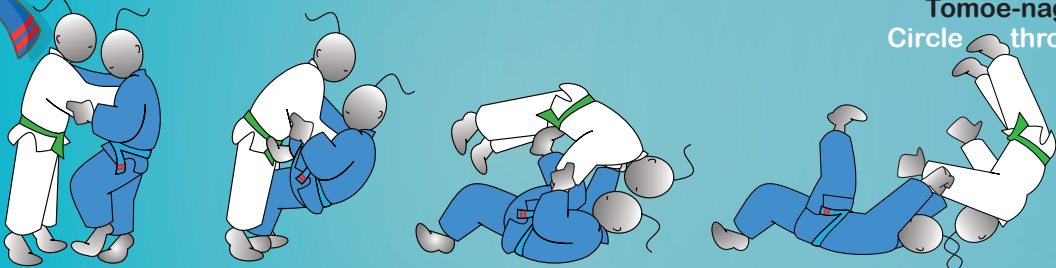
Ude-garami
Entangled armlock



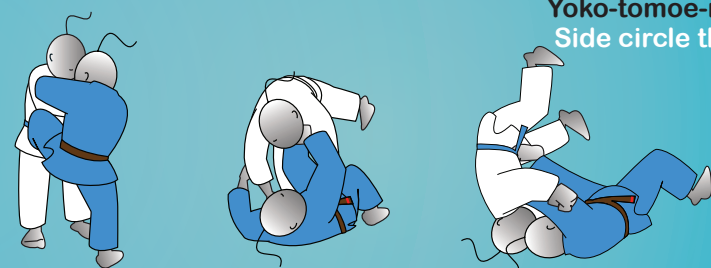
Kuzure-kesa-gatame to Ude-garami



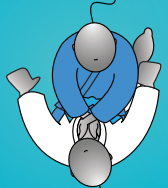
Tomoe-nage
Circle throw



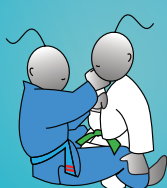
Yoko-tomoe-nage
Side circle throw



Gyaku-juji-jime
Reverse Cross Strangle



Juji-jime
Cross strangle



Nami-juji-jime
Normal cross strangle



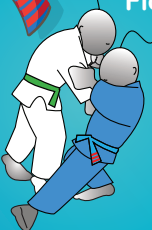
Okuri-eri-jime
Sliding collar strangle



Kumi-kata (right against left)



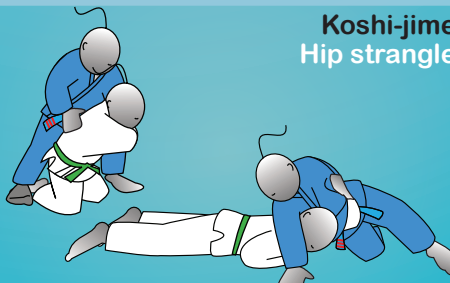
Uki-waza
Floating throw



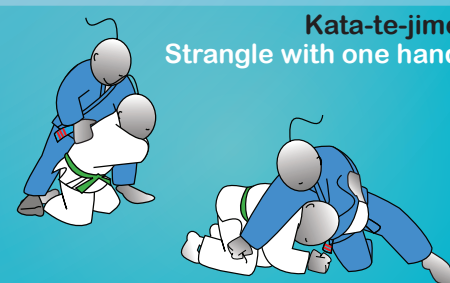
Soto-maki-komi
Outside winding throw



Koshi-jime
Hip strangle



Kata-te-jime
Strangle with one hand



REQUIREMENTS

From 14th Mon onwards you will learn Shime-waza (strangles) which you must learn only when you are supervised by your coach.

As a blue belt you should have a thorough understanding of these techniques. You will also be required to demonstrate good Randori skills with knowledge of gripping, counters and combinations.

