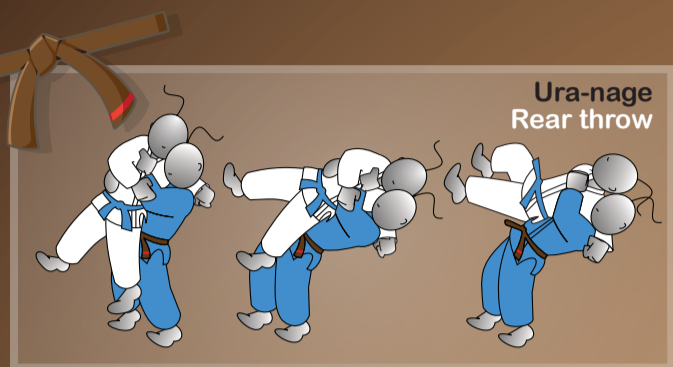


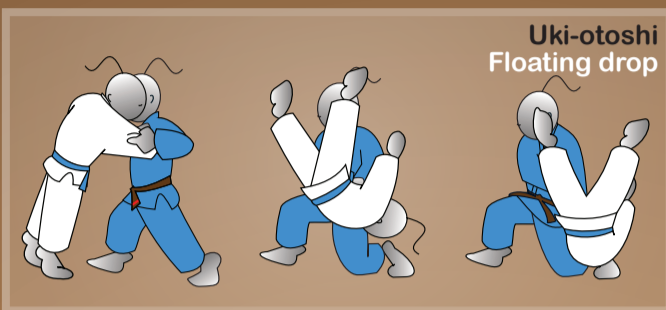


SYLLABUS

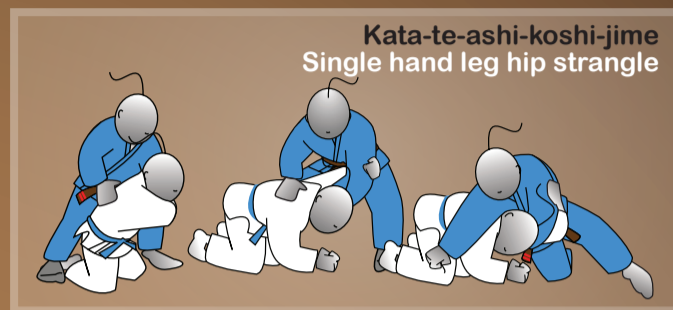
16TH MON TO 18TH MON



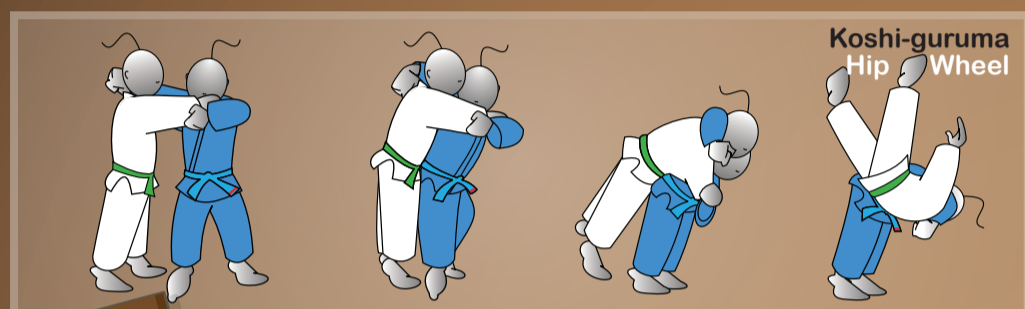
Ura-nage
Rear throw



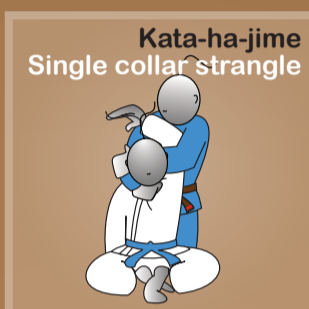
Uki-otoshi
Floating drop



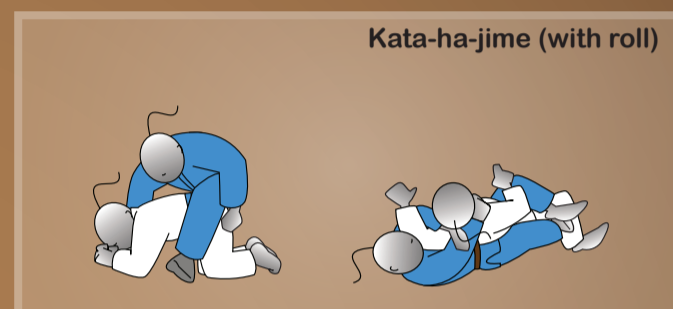
Kata-te-ashi-koshi-jime
Single hand leg hip strangle



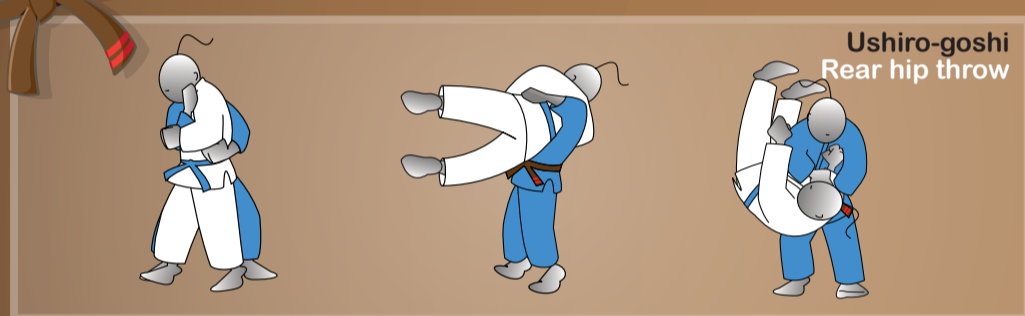
Koshi-guruma
Hip wheel



Kata-ha-jime
Single collar strangle



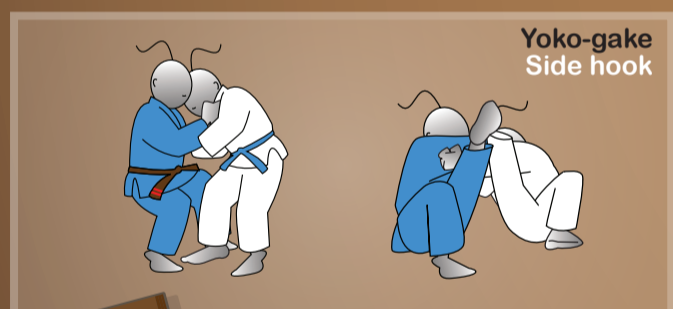
Kata-ha-jime (with roll)



Ushiro-goshi
Rear hip throw



Sumi-gaeshi
Corner throw



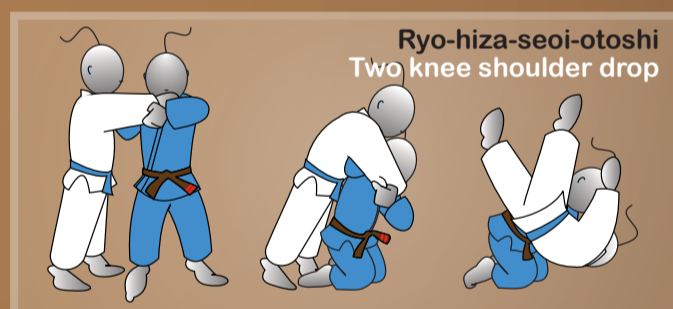
Yoko-gake
Side hook



Hadaka-jime
Naked strangle



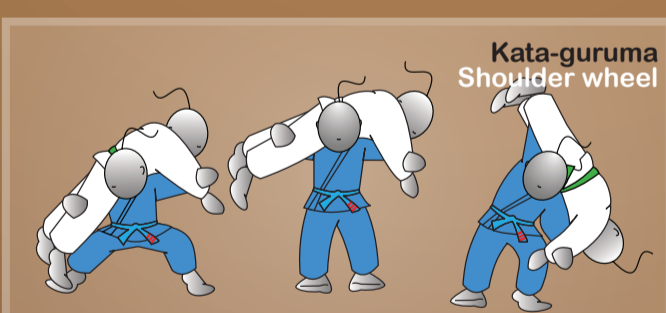
Hadaka-jime
prone position



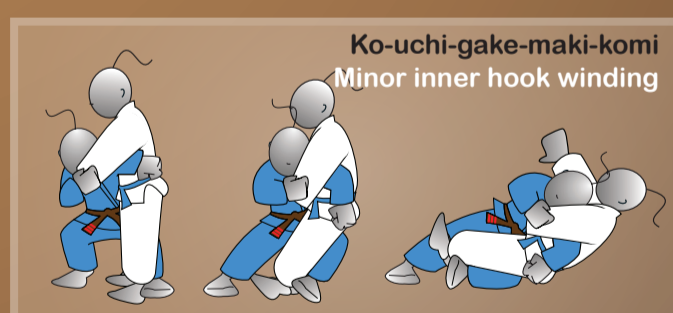
Ryo-hiza-seoi-otoshi
Two knee shoulder drop



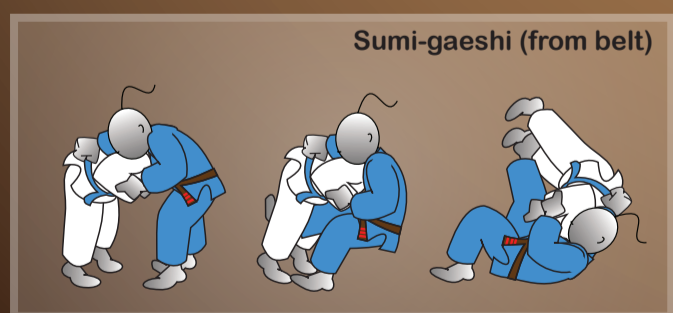
Sode-tsuri-komi-goshi
Sleeve lift pull hip



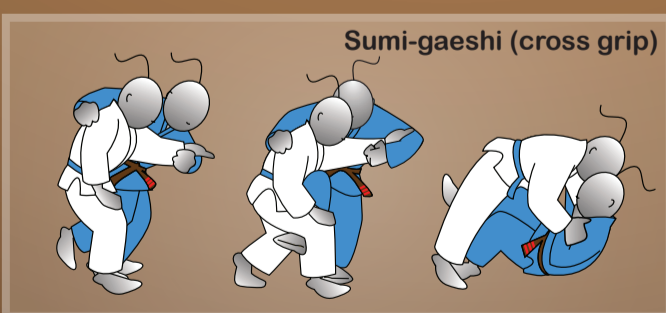
Kata-guruma
Shoulder wheel



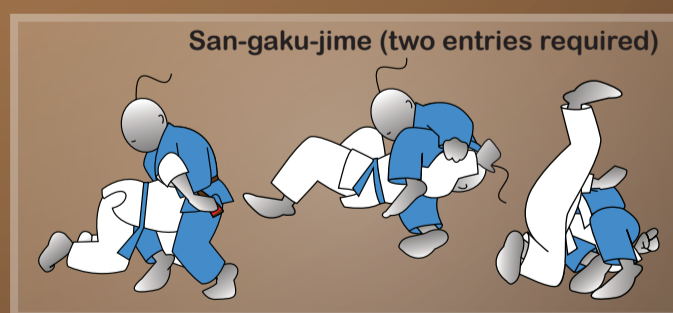
Ko-uchi-gake-maki-komi
Minor inner hook winding



Sumi-gaeshi (from belt)



Sumi-gaeshi (cross grip)



San-gaku-jime (two entries required)



REQUIREMENTS

As a brown 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. You also need to demonstrate techniques you have chosen showing combinations, counters and transition from Tachi-waza to Ne-waza. In Ne-waza you must be able to demonstrate how a complex entry into San-gaku-jime can be changed to either San-gaku-gatame or San-gaku-osae-gatame.

