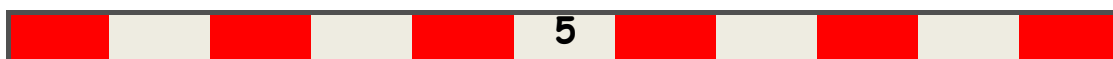




Primary Red Tabs

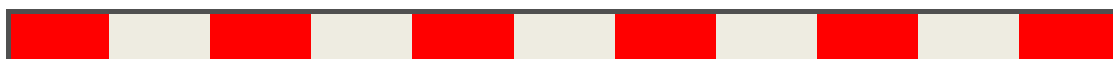


Tachiwaza

Morote-Seoi-Nage

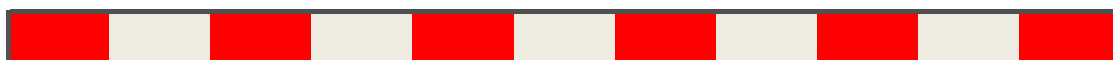
Morote-Seoi-Toshi

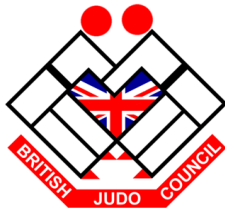
Ko-Uchi-Gari



Groundwork Techniques

Kuzure-Kesa-Getame, escape on to stomach and rise to a ball
Assist Yoko Ukemi from press-up position and move to Kesa getame





Primary Red Tabs



Standing Techniques

Two hand shoulder throw

Two hand shoulder drop

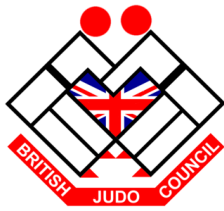
Minor Inner Reaping



Newaza

Broken Scarf Hold, escape on to stomach and rise to a ball
Assist Side Breakfall from press-up position and move to Scarf hold





Primary Orange Tabs

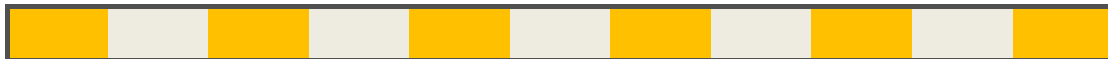


Tachiwaza

Morote-Seoi-Nage, combination to Morote-Seoi-Toshi

Morote-Seoi-Nage, combination to Ko-Uchi-Gari

Tsuri-Komi-Goshi

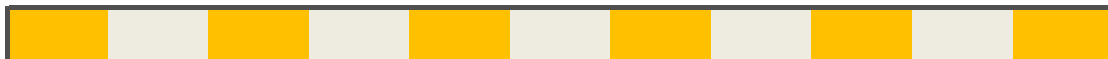


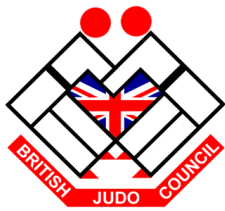
Newaza

Kuzure-Kesa-Getame, escape on to stomach and rise to a ball

Assist Yoko Ukemi from press-up position and move to Kesa getame

And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball





Primary Orange Tabs

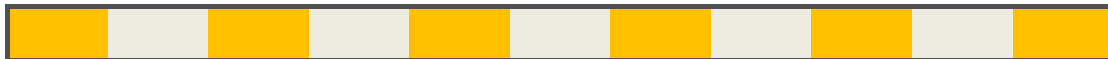


Standing Techniques

Two hand shoulder throw, combination to two hand shoulder drop

Two hand shoulder throw, combination to Minor inner reaping

Resisting hip throw

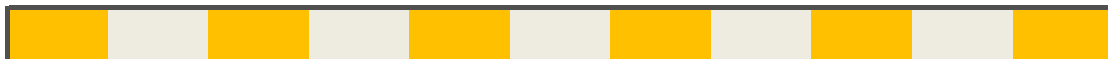


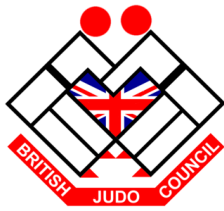
Groundwork Techniques

Broken Scarf Hold, escape on to stomach and rise to a ball

Assist Side Breakfall from press-up position and move to Scarf hold

And link to Broken Scarf Hold, escape onto stomach and rise to a ball





Primary Green Tabs

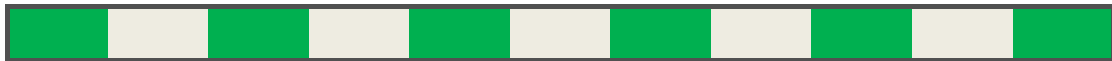


Tachiwaza

Tai-Otoshi

O-Uchi-Gari

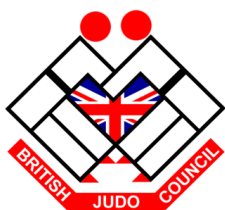
Tsuri-Komi-Goshi combination to Tai-Otoshi



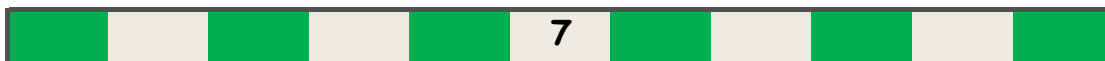
Newaza

Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball
Turn over to Yoko-Shiho-Getame and escape





Primary Green Tabs

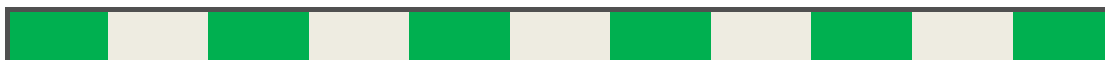


Standing Techniques

Body Drop

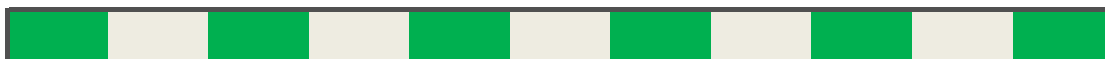
Major Inner Reaping

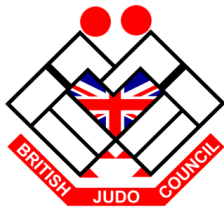
Resisiting Hip Throw combination to Body Drop



Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball
Turn over to Side Four Quarters and escape





Primary Blue Tabs

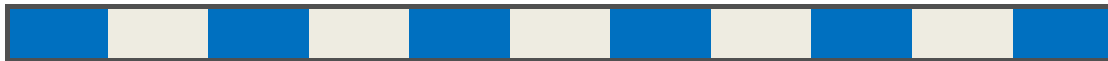


Tachiwaza

Tsuri-Komi-Goshi combination to O-Uchi-Gari

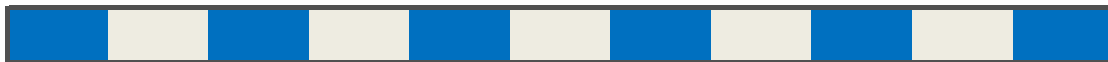
O-Uchi-Gari combination to Tai-Otoshi

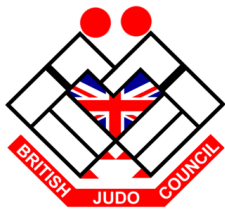
De-Ashi-Barai



Newaza

Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball
Turn over to Yoko-Shiho-Getame and escape to Kami-Shiho-Getame





Primary Blue Tabs

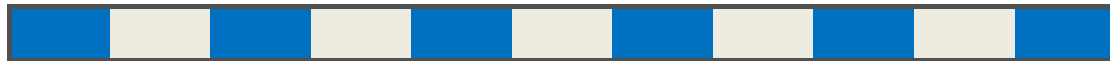


Standing Techniques

Resisting Hip Throw combination to Major Inner Reaping

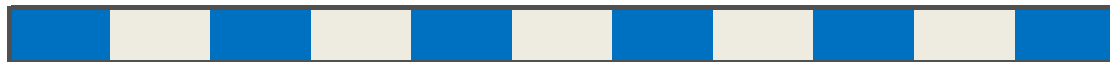
Major Inner Reaping combination to Body Drop

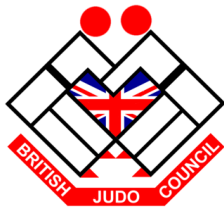
Advancing Foot Sweep



Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball
Turn over to Side Four Quarters and escape to Upper Four Quarters





Primary Brown Tabs

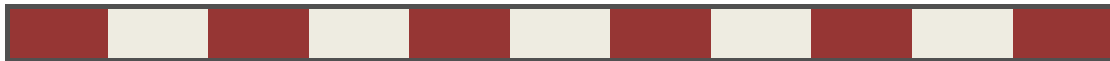


Tachiwaza

Sasai-Tsuri-Komi-Ashi

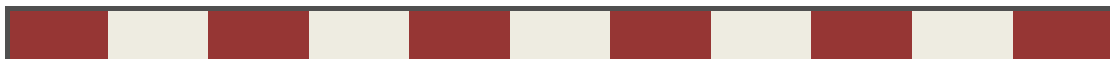
Ko-Soto-Gari

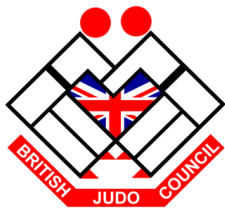
De-Ashi-Barai combination to Sasai-Tsuri-Komi-Ashi



Newaza

**Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball
Turn over to Yoko-Shiho-Getame and escape to Kami-Shiho-Getame
And escape**





Primary Brown Tabs



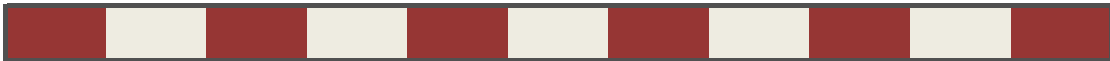
9

Standing Techniques

Drawing Propping Ankle

Minor Outer Reaping

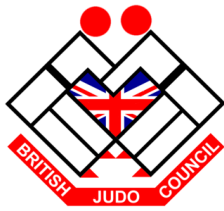
Advancing foot sweep, combination to Drawing Propping Ankle



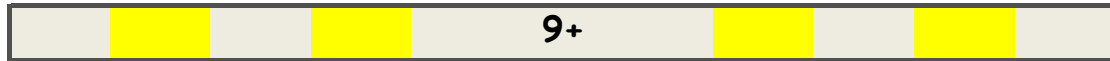
Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball
Turn over to Side Four Quarters and escape to Upper Four Quarters
And escape





Junior Yellow Tabs to Yellow Belt



Tachiwaza

Morote-Seoi-Toshi

Ko-Uchi-Gari

Morote-Seoi-Nage, combination to Morote-Seoi-Toshi

Tsuri-Komi-Goshi

Tai-Otoshi

Tsuri-Komi-Goshi combination to Tai-Otoshi

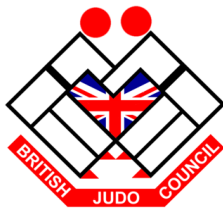
Tsuri-Komi-Goshi combination to O-Uchi-Gari



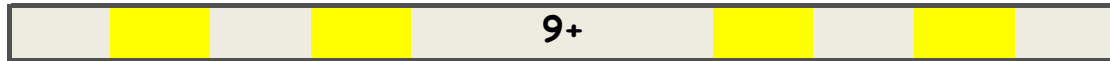
Newaza

Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball
Turn over to Yoko-Shiho-Getame and escape





Junior Yellow Tabs to Yellow Belt



Standing Techniques

Two hand shoulder drop

Minor Inner Reaping

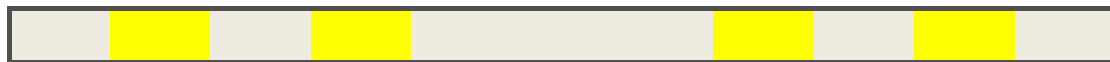
Morote-Seoi-Nage, combination to Morote-Seoi-Toshi

Resisting hip throw

Body Drop

Resisting Hip Throw combination to Body Drop

Resisting Hip Throw combination to Minor inner Reaping

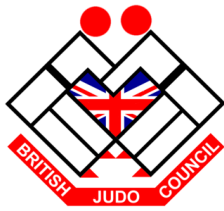


Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball

Turn over to Side Four Quarters and escape





Junior Yellow Belt to Orange Belt



Tachiwaza

O-Uchi-Gari, Combination to Tai-O-Toshi

De-Ashi-Barai

Sasai-Tsuri-Komi-Ashi

Ko-Soto-Gari

De-Ashi-Barai, Combination to Sasai-Tsuri-Komi-Ashi

Sasai-Tsuri-Komi-Ashi, Combination to Morote-Seoi-Nage

Harai-Goshi

Hani -Goshi



Newaza

Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball

Turn over to Yoko-Shiho-Getame and escape.

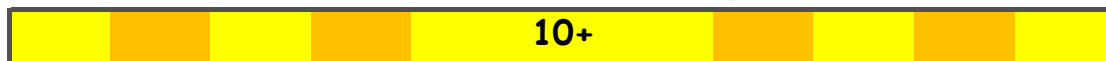
Tori attacks between Ukes legs to linked hold downs.

Mune-Getame and escapes





Junior Yellow Belt to Orange Belt



Standing Techniques

Major Inner Reaping combination to Body Drop

Advancing Foot Sweep

Drawing Propping Ankle

Minor Outer Reaping

Advancing foot sweep, combination to Drawing Propping Ankle

Drawing Propping Ankle, Combination to Two Handed Shoulder Throw

Sweeping Hip

Spring Hip



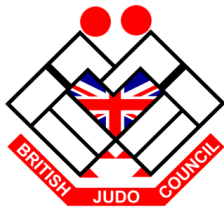
Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf Hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball

Turn over to Side Four Quarters and escape.

Tori attacks between Ukes legs to linked hold downs.

Chest Hold and escapes



Junior Orange Belt to Green Belt



Tachiwaza

Ippon-Seoi-Nage

Counters and combinations to and from Tsuru-Komi-Goshi

Counters and combinations to and from Morote-Seoi-Nage

Counters and combinations to and from Tai-Otoshi

Counters and combinations to and from O-Uchi-Gari

Counters and combinations to and from Ko-Uchi-Gari



Newaza

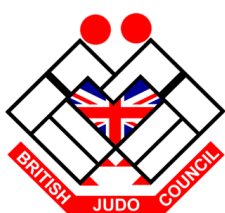
Kuzure-Yoko-Shiho-Getame and escapes

Kuzure-Kesa-Getame to Mune-Getame to Kuzure-Yoko-Shiho-Getame

Kata-Getame and escapes

Tate-Shiho-Getame and escapes





Junior Orange Belt to Green Belt



Standing Techniques

One handed shoulder throw

Counters and combinations to and from Resisting Hip Throw

Counters and combinations to and from Two Handed Shoulder Throw

Counters and combinations to and from Body Drop

Counters and combinations to and from Major Inner Reaping

Counters and combinations to and from Minor Inner Reaping



Groundwork Techniques

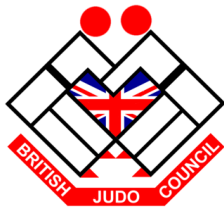
Broken Side Four Quarters and escapes

Broken Scarf Hold to Chest Hold to Broken Scarf Hold

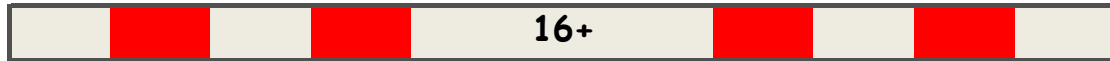
Shoulder Hold and escapes

Straight Four Quarters Hold and escapes





Senior White to Yellow Belt



Tachiwaza

Morote-Seoi-Nage

Morote-Seoi-Toshi

Ko-Uchi-Gari

Tsuri-Komi-Goshi

Tai-Otoshi

Morote-Seoi-Nage, combination to Morote-Seoi-Toshi

Morote-Seoi-Nage, combination to Ko-Uchi-Gari

Tsuri-Komi-Goshi combination to Tai-Otoshi

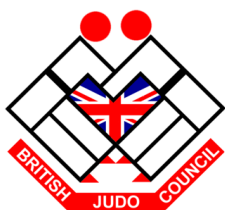
Tsuri-Komi-Goshi combination to O-Uchi-Gari



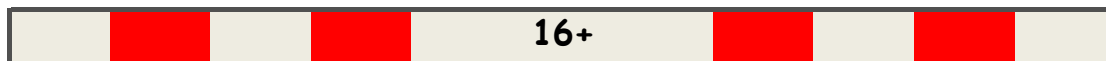
Newaza

Assist Breakfall from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball
Turn over to Yoko-Shiho-Getame and escape





Senior White to Yellow Belt



Standing Techniques

Two hand shoulder throw

Two hand shoulder drop

Minor Inner Reaping

Resisting hip throw

Body Drop

Two hand shoulder throw, combination to two hand shoulder drop

Two hand shoulder throw, combination to Minor inner reaping

Resisting Hip Throw combination to Body Drop

Resisting Hip Throw combination to Major Inner Reaping

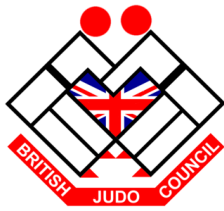


Groundwork Techniques

Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball

Turn over to Side Four Quarters and escape





Senior Yellow Belt to Orange Belt



16+

Tachiwaza

O-Uchi-Gari combination to Tai-Otoshi

De-Ashi-Barai

Sasai-Tsuri-Komi-Ashi

Ko-Soto-Gari

De-Ashi-Barai combination to Sasai-Tsuri-Komi-Ashi

Sasai-Tsuri-Komi-Ashi, combination to Morote-Seoi-Nage

Harai-Goshi

Hane-Goshi



Newaza

Tori attacks between legs into linked hold downs

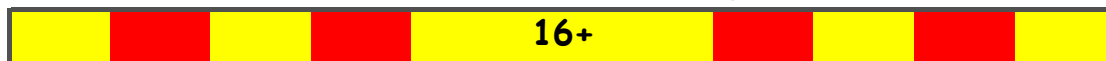
Demonstrate 2 hold downs with escapes and combinations from

Tori pulling guard





Senior Yellow Belt to Orange Belt



Standing Techniques

Major Inner Reaping combination to Body Drop

Advancing Foot Sweep

Drawing Propping Ankle

Minor Outer Reaping

Advancing Foot Sweep combination to Drawing Propping Ankle

Drawing Propping Ankle, combination to Two Handed Shoulder Throw

Sweeping Hip Throw

Spring Hip Throw



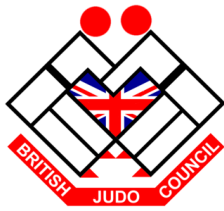
Groundwork Techniques

Tori attacks between legs into linked hold downs

Demonstrate 2 hold downs with escapes and combinations from

Tori pulling guard





Senior Orange Belt to Green Belt



Tachiwaza

Ippon-Seoi-Nage

Counters and combinations to and from Tsuru-Komi-Goshi

Counters and combinations to and from Morote-Seoi-Nage

Counters and combinations to and from Tai-Otoshi

Counters and combinations to and from O-Uchi-Gari

Counters and combinations to and from Ko-Uchi-Gari



Newaza

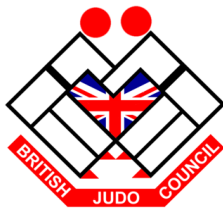
Kuzure-Yoko-Shiho-Getame and escapes

Kuzure-Kesa-Getame to Mune-Getame to Kuzure-Yoko-Shiho-Getame

Kata-Getame and escapes

Tate-Shiho-Getame and escapes





Senior Orange Belt to Green Belt



Standing Techniques

One handed shoulder throw

Counters and combinations to and from Resisting Hip Throw

Counters and combinations to and from Two Handed Shoulder Throw

Counters and combinations to and from Body Drop

Counters and combinations to and from Major Inner Reaping

Counters and combinations to and from Minor Inner Reaping



Groundwork Techniques

Broken Side Four Quarters and escapes

Broken Scarf Hold to Chest Hold to Broken Scarf Hold

Shoulder Hold and escapes

Straight Four Quarters Hold and escapes

