

Primary Red Tabs

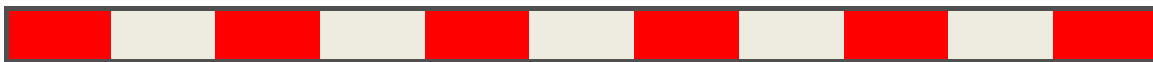


Tachiwaza

Morote-Seoi-Nage

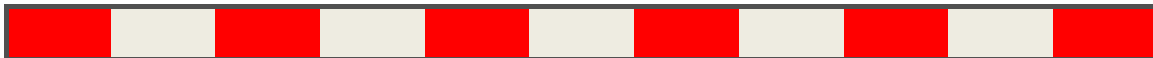
Morote-Seoi-Toshi

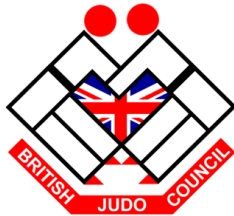
Ko-Uchi-Gari



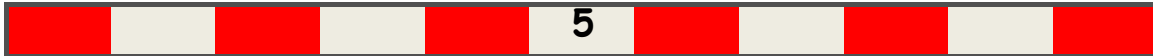
Groundwork Techniques

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

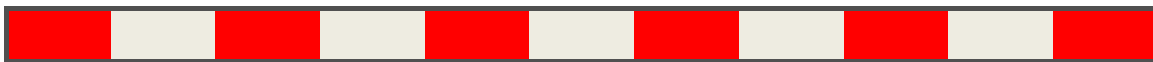


Standing Techniques

Two hand shoulder throw

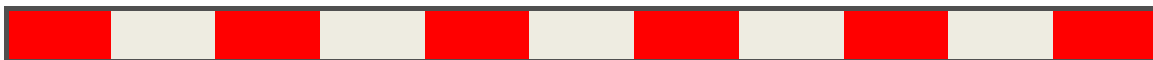
Two hand shoulder drop

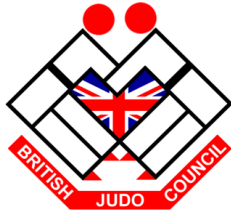
Minor Inner Reaping



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

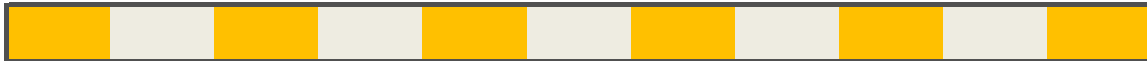


Tachiwaza

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

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

Tsuri-Komi-Goshi



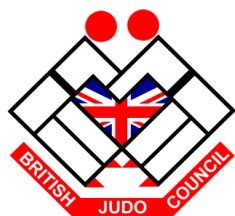
Newaza

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



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Standing Techniques

Two hand shoulder throw, combination to two hand shoulder drop

Two hand shoulder throw, combination to Minor inner reaping

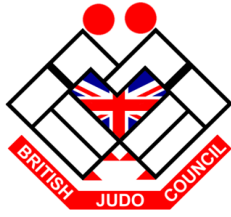
Resisting hip throw

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

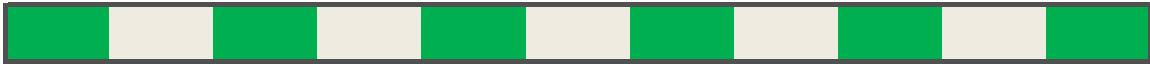


Tachiwaza

Tai-Otoshi

O-Uchi-Gari

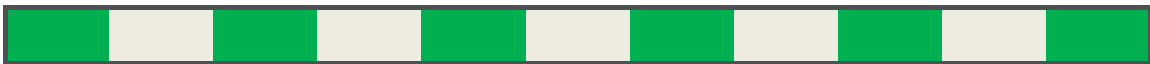
Tsuri-Komi-Goshi combination to Tai-Otoshi

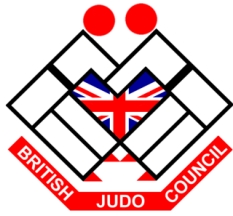


Newaza

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

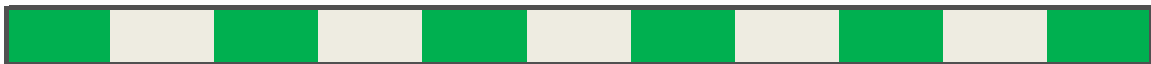


Standing Techniques

Body Drop

Major Inner Reaping

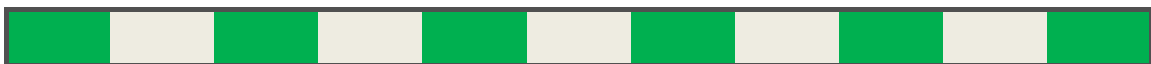
Resisiting Hip Throw combination to Body Drop

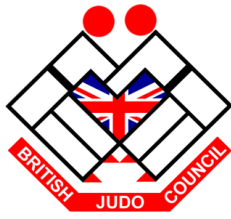


Groundwork Techniques

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

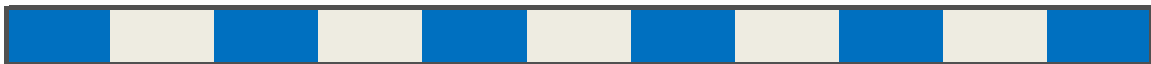


Tachiwaza

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

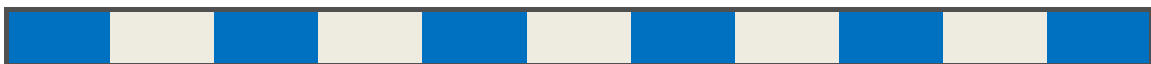
O-Uchi-Gari combination to Tai-Otoshi

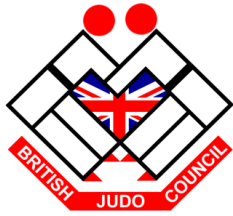
De-Ashi-Barai



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



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Standing Techniques

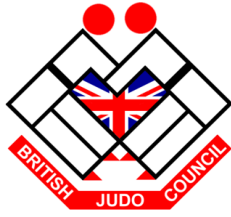
Resisting Hip Throw combination to Major Inner Reaping

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



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Tachiwaza

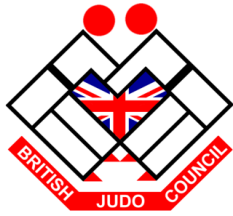
Sasai-Tsuri-Komi-Ashi

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



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Standing Techniques

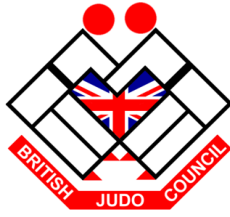
Drawing Propping Ankle

Minor Outer Reaping

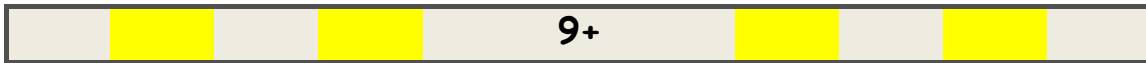
Advancing foot sweep, combination to Drawing Propping Ankle

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

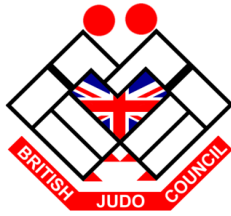
Tsuri-Komi-Goshi combination to O-Uchi-Gari



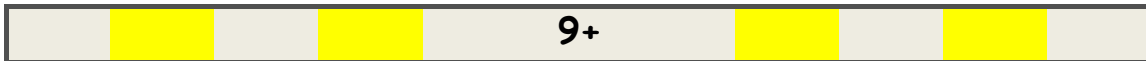
Newaza

**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



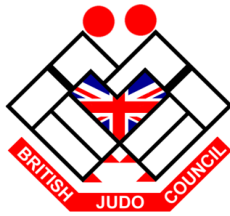
Groundwork Techniques

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



10+

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

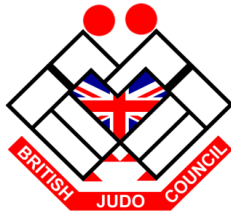
Assist Yoko Ukemi from press-up position and move to Kesa getame
And link to Kuzure-Kesa-Getame, escape onto stomach and rise to a ball

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

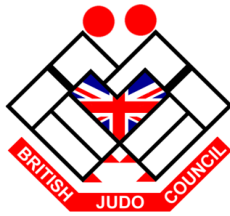
Assist Side Breakfall from press-up position and move to Scarf Hold

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

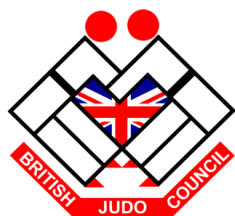
Kuzure-Yoko-Shiho-Getame and escapes

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

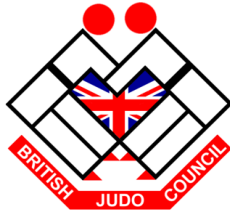
Broken Side Four Quarters and escapes

Broken Scarf Hold to Chest Hold to Broken Scarf Hold

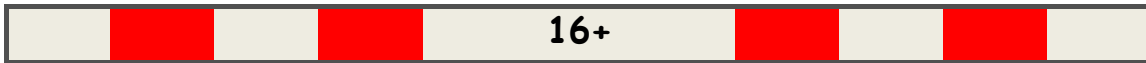
Shoulder Hold and escapes

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

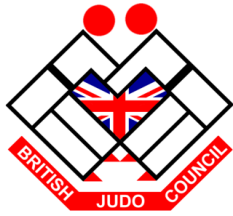
Tsuri-Komi-Goshi combination to O-Uchi-Gari



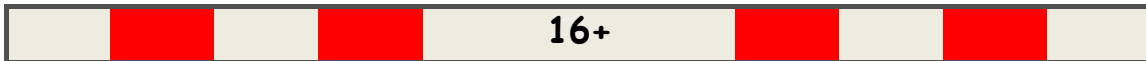
Newaza

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

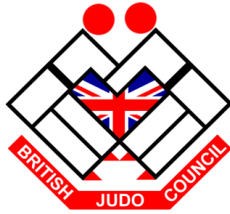


Groundwork Techniques

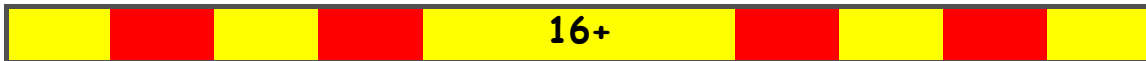
Assist Side Breakfall from press-up position and move to Scarf hold
And link to Broken Scarf Hold, escape onto stomach and rise to a ball

Turn over to Side Four Quarters and escape





Senior Yellow Belt to Orange Belt



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



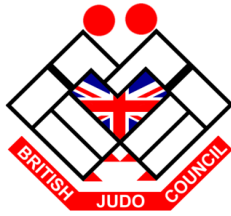
Newaza

Tori attacks between legs into linked hold downs

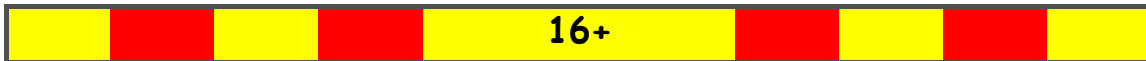
Demonstrate 2 hold downs with escapes and combinations from

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



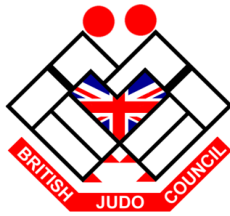
Groundwork Techniques

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

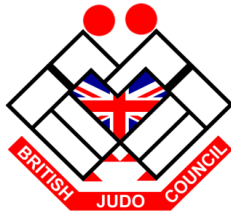
Kuzure-Yoko-Shiho-Getame and escapes

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

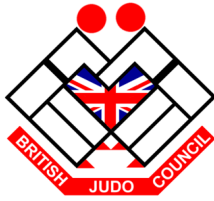
Broken Side Four Quarters and escapes

Broken Scarf Hold to Chest Hold to Broken Scarf Hold

Shoulder Hold and escapes

Straight Four Quarters Hold and escapes





Senior Green Belt to Blue Belt

16+

Tachiwaza

O-Soto-Gari

Hiza-Guruma

Uchi-Mata

Newaza

Tate-Shiho-Getame to and from Kata-Getame

Hadaka-Jime and Escapes

Okuri-Eri-Jime and escapes

Ude-Hishigi-Juji-Getame

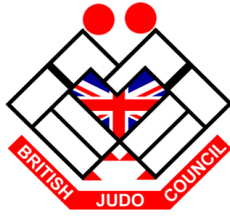
Ude-Hishigi-Juji-Getame applied as Uke tries to escape from Hadaka-Jime

Ude-Hishigi-Juji-Getame applied as Uke tries to escape from Okuri-eri-Jime

Kata

1st Set Nage-No-Kata

1st Set Ketame-No-Kata



Senior Green Belt to Blue Belt

16+

Standing

Major Outer reaping

Knee Wheel

Inner Thigh Throw

Newaza

Lengthways four quarters to and from Shoulder Hold

Naked Strangle and Escapes

Sliding Collar Strangle and escapes

Cross Armlock

Cross Armlock applied as Uke tries to escape from Naked Strangle

Cross Armlock applied as Uke tries to escape from Sliding Collar Strangle

Kata

1st Set Nage-No-Kata

1st Set Ketame-No-Kata



Senior Blue Belt to Brown Belt

16+

Standing

Counters and Combinations to and from Harai Goshi

Counters and Combinations to and from Hani Goshi

Counters and Combinations to and from Ippon Seoi Nage

Newaza

Ude Garami

Waki Getame

Kuzuri-Kesa-Getame to Ude Garami as Uke tries to escape

Kata

1st and 2nd Set Nage-No-Kata

1st and 2nd Set Ketame-No-Kata



Senior Blue Belt to Brown Belt

16+

Standing

Counters and Combinations to and from Sweeping Hip Throw

Counters and Combinations to and from Spring Hip Throw

Counters and Combinations to and from One Arm Shoulder Throw

Newaza

Arm Entanglement (figure of four armlock)

Armpit Lock

Broken Scarf Hold to Arm entanglement as Uke tries to escape

Kata

1st and 2nd Set Nage-No-Kata

1st and 2nd Set Ketame-No-Kata