



# Brown With Black Tips



## **NAGE-WAZA (Throws):**

40 throws as selected from all 5 Kyo (Sets) of the Gokyo-no-waza.

## **OSAE-WAZA (Hold downs):**

13 hold downs as selected.

## **UDE-KANSETSU-WAZA (Arm locks):**

8 arm locks as selected.

Show 3 methods of neutralizing ude-kansetsu-waza.

## **SHIME-WAZA (Strangles):**

8 strangles as selected.

Show 3 method of neutralizing shime-waza.

## **RENRAKU-WAZA (Combinations) & KAESHI-WAZA (Counters):**

8 combinations and 8 counters as selected.

## **TURNOVERS:**

7 turnovers as selected.

## **MOVING PAST THE LEGS:**

5 movements past the legs as selected.

## **NAGE-NO-KATA:**

Uke and Tori for all five sets: te-waza, goshi-waza, ashi-waza, sutemi-waza & yoko sutemi-waza.

## **RANDORI:**

Effective Randori must be shown against opponents of similar experience.

## **THEORY:**

### **Terminology:**

gake ..... hook  
hane ..... spring  
harai ..... sweep

yoko ..... side  
kuzure ..... broken

jime ..... strangle  
juji ..... cross  
makikomi ..... wind around

sutemi ..... sacrifice  
hikikomi ..... pulling in

## **Techniques:**

Nage-waza ..... throwing techniques  
Osae-waza ..... holding techniques  
Ude-kansetsu-waza ..... arm locking techniques  
Shime-waza ..... strangling techniques  
Te-waza ..... hand techniques  
Ashi-waza ..... foot or leg techniques  
Koshi-waza ..... hip techniques  
Ne-waza ..... ground work techniques  
Renraku-waza ..... combination techniques  
Kaeshi-waza ..... counter techniques  
Tachi-waza ..... throwing in a standing position  
Sutemi-waza ..... sacrifice techniques  
Yoko Sutemi-waza ..... side sacrifice techniques