



1st Kyu – Brown Belt

Kansetsu Waza

Counters to Headlocks
Groundfighting leg locks – heel hook, calf crush, knee crush

Nage Waza

Ude Garuma – Arm Wheel
Tomoe Nage – Stomach Throw
Kuke Nage – Air Throw
Ude Juji Nage – Cross Arm Throw
Uke Waza – Floating Technique
Shiho Nage – Four Directional Throw
Tawara Geashi - Rice Bale throw
Kane Basami - Crab Claw Scissor Throw
Yoko Gake – Side Prop

Gatame Waza

Demonstration of ground fighting principles – submission fighting

Defences

Two man attacks – random weapons
Single stalking knife defence
Boxer Defence
Defence against kicks on the ground
V, Circle , Gauntlet