

Zanshin 残心

Black Belt - Shodan

JOINT LOCKS AND CHOKES:

Juji Nage

Figure-four Knee Bar (using uke's own leg)

Ground-Based Elbow Break/Lock

Ankle Lock with Legs (counter for rear hooks)

Wizard Neck Break

Osae Kami Shime

Ashi Kannuki

Kaza Guruma

The Stack

Hara Gatame

Uragatame

THROWS AND TAKEDOWNS:

Upending Throw

Front Diagonal Body Slam

Rear Diagonal Body Slam

Te Guruma

Leg Seoi Nage

Belly to back with feet on both of back of knees

Mizukuguri

WEAPONS DEFENSE:

Gun