

Zanshin 残心

Blue Belt - Sankyu

STRIKING DEFENSE:

Slips

Weaves

Covers

JOINT LOCKS AND CHOKES:

Nami Juji Shime

Gyaku Juji Shime

Ichi Mon Ji Shime

Tsuki Komi Shime

Gyaku Eri Shime

Ude Garami with the Legs

Kesa Gatame Straight Arm Bar

Bicep Cutter

Short Arm Bar

Hagai Shime

Sankaku Ude Garami

Ushiro Gyaku

Ashi Shigarami

Shin Choke

Shoulder Of Justice

THROWS AND TAKEDOWNS:

Daki Kubi Shime/Koshi Guruma/Head and Arm

Soto Gama

Kesa Nage
Tomoe Nage
Tai Otoshi
Uchi Mata
Maki Komi
Okuri Ashi Harai
Kokyu Nage
Koshi Nage / Juji Koshi Nage

WEAPONS DEFENSE:

Jo Blocks