

Zanshin 残心

Brown Belt - Ikkyu

JOINT LOCKS AND CHOKES:

Komi Iri

HammerLock

Noose Choke

Ashi Gyaku

Peruvian Necktie

Reverse Guillotine

Armless D'Arce

Heel Hook

Banana Split

Twister

Reverse Sankanku Gatame

Gyaku Hyanada

Short Knee Bar

Sternum Lock

THROWS AND TAKEDOWNS:

Ura Nage

Sumi Otoshi

Kata Guruma

Yoko Otoshi

Utsuri Goshi

Yoko Wakare

WEAPONS DEFENSE:

Knife