

Zanshin 残心

Orange Stripe Belt (Kids Only)

STRIKING ARTS:

Hook
Uppercut
Hammerfist
Backfist

JOINT LOCKS AND CHOKES:

Juji Gatame
Toe Choke
Nikkyo
Kote Gaeshi Maki
Do Shime
Moro Yubi Tori

THROWS AND TAKEDOWNS:

Body Lock
Single Leg Takedown
Rear Double Leg Takedown
Ushiro Otoshi
Ippon Seoi Nage
Ushiro Goshi

GRAPPLING ARTS:

Top Control Transitions