

Zanshin 残心

Purple Belt - Nikyu

KICK DEFENSE:

Checks

Blocks

JOINT LOCKS AND CHOKES:

Straight Knee Bar

Cradle Submissions

Crossed Arm Shoulder Lock

Kata Hagai

Ashi Yubi Shime

Ushiro Kannuki

Shoulder Press Elbow Lock

Over the Shoulder Elbow Lock

Scissors Arm Lock

Baseball Choke

Figure-4 Ankle Lock

Kaiten Nage Pin

Half Nelson

Gift Wrap Choke

THROWS AND TAKEDOWNS:

Kaiten Nage

Hon Tomoe

Kata Te Tomoe

Omote Nage

Rear Hurdle Throw
Ankle Pick/Kuchiki Taoshi
Off-Shoulder Seoi Nage

WEAPONS DEFENSE:

Jo Hand Transitions
Club Defense