

Zanshin 残心

Yellow Belt (Rokkyu)

UKEMI:

All Rolls and Falls

BLOCKING ARTS:

Age Uke

Geidan Barai

Uchi Uke

Soto Uke

Shuto Uke

STRIKING ARTS:

Jab

Cross

Elbows

Knees

Mawashi Geri

Mae Geri

RELEASES:

Kata Te Hazushi

Ryo Te Hazushi

Moro Te Hazushi

Kubi Hazushi

Yubi Tori Hazushi

Daki Hazushi

JOINT LOCKS AND CHOKES:

Kote Gaeshi

Ikkyo

Ashi Karami Shime

Yubi Tori

Okuri Eri Shime

Shiho Gatame

THROWS AND TAKEDOWNS:

O Goshi

O Soto Gari

Tani Otoshi

Ko Uchi Gari

Uchi Gama

Moro Te Gari

GRAPPLING ARTS:

Basic Ground Positions (Mount, Guard Variants, North-South, Side Control, Rear Mount) Guard Sweeps Mount Rollovers