

Zanshin 残心

Green Belt (Yonkyu)

JOINT LOCKS AND CHOKES:

Ude Garami

Gyaku Ude Garami

Elbow Cup

Figure-4 Elbow Locks

Te Kubi Shigarami

Ashi Nada Shime

Kata Gatame

Gokyo

Neck Cranks

Pants Choke

Anaconda

D'Arce Choke

Hon Gyaku

Hiji Shime

Ude Gatame

THROWS AND TAKEDOWNS:

Harai Goshi

Hane Goshi

Sukui Nage

Sumi Gaeshi

Lateral Drop

Norimi

Kani Sute

Sode Tsuru Komi Goshi
Ko Soto Gari/Gake
Irimi Nage
Nodo Tsuki Age
Kokyu Ho

JO:
Basic Striking Techniques