

Zanshin 残心

Orange Belt (Gokyu)

STRIKING ARTS:

Hook
Uppercut
Hammerfist
Backfist
Yoko Geri
Ushiro Geri
Mika Geri

JOINT LOCKS AND CHOKES:

Hadaka Shime
Yonkyo
Sankaku Gatame
Guillotine
Juji Gatame
Toe Choke
Waki Gatame
Nikkyo
Kote Gaeshi Maki
Do Shime
Sankyo
Moro Yubi Tori
Shiho Nage

THROWS AND TAKEDOWNS:

O Uchi Gari

Ippon Seoi Nage

Moro Te Seoi Nage

Body Lock

Single Leg Takedown

De Ashi Harai

Rear Double Leg Takedown

Sasae Tsuru Komi Ashi

Ushiro Otoshi

Ushiro Goshi

GRAPPLING ARTS:

Guard Passes

Top Control Transitions