

Zanshin 残心

Yellow Stripe (Kids Only)

UKEMI:

All Basic Rolls and Falls

BLOCKING ARTS:

Age Uke

Geidan Barai

Uchi Uke

Soto Uke

Shuto Uke

RELEASES:

Kata Te Hazushi

Ryo Te Hazushi

Moro Te Hazushi

Kubi Hazushi

Yubi Tori Hazushi

Daki Hazushi

GRAPPLING ARTS:

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

Guard Sweeps

Mount Rollovers