

	Roku Kyu	Go Kyu		Yon Kyu	San Kyu		Ni Kyu	Ik Kyu		Shodan
	Ukemi Waza	Ukemi Waza		Ukemi Waza	Ukemi Waza		Ukemi Waza	Nage Waza		Nage Waza
1	Yoko Ukemi	Chugeri Ukemi	1	Mae Chugeri Ukemi	Katai Ude Sutemi	1	lie Katai Ude Sutemi	Yoko Wakare	1	Yoko Gake - NNK-13
2	Ushiro Ukemi	Mae Ukemi	2	Atama Kamae Ukemi	Te Kamae Ukemi	2	Ippon Sutemi	Ude Gaeshi	2	Ura Nage - NNK-11
	Nage Waza	Nage Waza		Nage Waza	Nage Waza		Nage Waza	Uki Waza - NNK-15	3	Yama Arashi
3	Koshi Guruma	O Goshi	3	Harai Goshi - NNK-5	Kani Basami	3	Tomoe Nage - NNK-10	Uki Otsohi - NNK-1	4	Yoko Guruma - NNK-14
4	Osoto Gari	Uki Goshi - NNK-4	4	Kubi Nage	O Guruma	4	Hikikomi Gaeshi	Morote Seoi Nage	5	Kata Guruma - NNK-3
	Kihon Waza	Ippon Seoi Nage - NNK-2	5	Tsuri Goshi	Tai Otoshi	5	Hane Goshi	Sae Sae Tsuri Komi Ashi - NNK-8	6	Soto Maki Komi
5	Jodan Soto Ude Uke	Tani Otoshi	6	Sumi Gaeshi - NNK-12	Uchi Mata - NNK-9	6	Okuri Ashi Barai - NNK-7	Sode Tsuri Komi Goshi	7	Harai Maki Komi
6	Jodan Uchi Ude Uke	O Uchi Gari	7	Sukui Nage	De Ashi Barai	7	Tawara Gaeshi	Yoko Tomoe Nage	8	Hane Maki Komi
7	Oi Tsuki	Ko Uchi Gari	8	Kata Ashi Dori	Tsuri Komi Goshi - NNK-6	8	Seoi Otoshi	Kuchiki Taoshi	9	Osoto Maki Komi
8	Gyaku Tsuki	Ko Soto Gari	9	Ryo Ashi Dori	O Soto Guruma	9	O Soto Otoshi	O Soto Gake	10	Te Guruma
9	Musubi Dach	Kihon Waza		Kihon Waza	Shime Waza		Shime Waza	Shime Waza		Katame Waza
10	Heiko Dach	Age Tsuki	10	Kake Uke	Kata Juji Jime	10	Tsukkomi Jime	Jigoku Jime	11	Atama Hishigi
11	Shiko Dach	Mawashi Tsuki	11	Otoshi Empi Uchi	Hadaka Jime	11	Sankaku Jime	Ashi Jime	12	Kubi Hishigi
12	Shizen Dach	Mawashi Empi Uchi	12	Mae Atama Uchi	Sode Jime	12	Kata Te Kata Ashi Jime	Kata Eri Jime	13	Yoko Kubi Hishigi
13	Zenkutsu Dach	Mae Geri	13	Mawashi Hiza Geri	O Kuri Eri Jime	13	Hidari Ashi Jime	Kaeshi Jime	14	Kuzure Kesa Kubi Hishigi
14	Neko Ashi Dach	Kin Geri	14	Mawashi Geri	Kata Ha Jime	14	Kakato Jime	Suso Jime	15	Tate Hishigi
	Katame Waza	Katame Waza		Katame Waza	Katame Waza		Katame Waza (Nigeru Koto)	Takkusan Attaku		Goshin Waza Tanto Tachi
15	Kesa Gatame	Tate Shiho Gatame	15	Kami Shiho Gatame	Mune Gatame	15	Kesa Gatame -Ude Hishigi	Tsuki Keri Waza	16	Shomen Tanto - Tai Sabaki
16	Makura Kesa Gatame	Yoko Shiho Gatame	16	Gyaku Kesa Gatame	Ushiro Eri Gatame	16	Kata Gatame - Ebi Ude Gatame	Nage Waza	17	Nodo Tanto - Uke Tsuki
17	Kata Gatame	Ude Hishigi Hiza Gatame	17	Kami Hiza Gatame	Ryo Hiza Ude Gatame	17	Yoko Shiho Gatame - Te Kata Ashi Jime	Kensetu Waza	18	Ushiro Tanto - Nami Kote
18	Kesa Ude Gatame	Ude Gatame	18	Ude Hishigi Juji Gatame	Ude Hishigi Hiza Gatame	18	Juji Gatame - Higi Kin / Tai Sabaki	Kensetu Waza	19	Ushiro Tanto - Gyaku Kote
19	Ude Garami	Hara Gatame	19	Gyaku Kesa Ude Gatame	Ashi Gatame	19	Sankaku Jime - Higi Ashi	Mae Ushiro	20	Ushiro Nodo Tanto - Seo Otshi
20	Gyaku Ude Garami	Waki Gatame	20	Hiji Maki Komi	Ashi Sankaku Garami	20	Hadaka Jime - Ude Gatame	San Kai Attaku	21	Ushiro Nodo Tanto - Ude Garami
	Goshin Waza	Goshin Waza		Goshin Waza	Goshin Waza		Goshin Waza	Goshin Waza		Goshin Waza Tanto Katame
21	Akushu Tori - Te Kubi Uchi	Eri Tori - Kube Tai Sabaki	21	Yoko Atama Tori - Ude Garami	Mae Daki Tori - Uchi Mata	21	Nodo Tori - Kubi Tai Sabaki	Jodan Tsuki - Hadaka Jime	22	Nodo Tanto - Katame
22	Te Kubi Tori - Katate	Eri Tori - O Goshi	22	Yoko Atama Tori - Kami Hiza Guruma	Yoko Daki Tori - Tai Otoshi	22	Nodo Tori - Nodo Obi Tori	Mawashi Tsuki-Tai Sabaki	23	Nodo Tanto - Katame
23	Te Kubi Tori - Ryote	Mae Daki Tori - O Uchi Gari	23	Mae Atama Tori - Kote Gatame	Mae Geri - Kata Ashi Dori	23	Chudan Mae Geri - Ashi Gatame	Jodan Tsuki - Uchi Uke Teisho Uchi	24	Ushiro Nodo Tanto - Katame
24	Te Kubi Tori - Katate Ryote	Mae Daki Tori - Ko Uchi Gari	24	Mae Atama Tori - Ude Garami	Mae Geri - O Uchi Gari	24	Shomen Uchi Konbo - Ushiro Ude Garami	Goshin Waza Tanto Tachi		Goshin Waza Katana Tachi
25	Eri Tori - Nami Kote Gatame	Yoko Daki Tori - Uki Goshi	25	Ushiro Kami Tori - Gyaku Kote Gatame	Kata Tori - Kannuki Gatame	25	Shomen Uchi Konbo - Mawashi Hiza Geri	Shomen Tanto - Ude Garami	25	Shomen Kiri Katana - Ushiro Ude Garami
26	Eri Tori - Gyaku Kote Gatame	Yoko Daki Tori - Ippon Seoi Nage	26	Yoko Daki Tori - Kubi Nage	Kata Tori - Ude Gatame	26	Shomen Uchi Konbo - Ippon Seoi Nage	Shomen Tanto - Ude Gatame	26	Shomen Kiri Katana - Ude Gatame
27	Eri Tori - Koshi Guruma	Ushiro Daki Tori - Tani Otoshi	27	Ushiro Daki Tori - Tsuri Goshi	Kata Tori - Gyaku Ude Garami	27	Mawashi Konbo - Harai Goshi	Chudan Tanto - Nami Kote Gateme	27	Shomen Kiri Katana - Nage Waza
28	Eri Tori - Osoto Gari	Ushiro Daki Tori - Hiza Gatame	28	Ushiro Daki Tori - Sukui Nage	Kata Tori - Kani Basami	28	Tsuki Uchi Konbo - Ude Gatame	Chudan Tanto - Gyaku Kote Gatame	28	Tsukkomi Kiri Katana - Ude Gatame
29	Yoko Atama Tori - Tai Sabaki	Yoko Atama Tori - Tani Otoshi	29	Jodan Tsuki - Kesa Gatame	Jodan Tsuki - Hiza Mawashi	29	Shomen Uchi Isu - Ippon Seoinage	Mawashi Tanto - Tai Sabaki	29	Mawashi Kiri Katana - Ude Gatame
30	Mae Atama Tori - Tai Sabaki	Mae Atama Tori - Ushiro Ukemi	30	Jodan Tsuki - Kata Gatame	Mawashi Tsuki - Harai Goshi	30	Mawashi Isu - Harai Goshi	Mawashi Tanto - Harai Goshi	30	Mawashi Kiri Katana - Nage Waza

## Nage Waza

Koshi Guruma	Hane Goshi
Osoto Gari	Okuri Ashi Barai - NNK-7
O Goshi	Tawara Gaeshi
Uki Goshi - NNK-4	Seoi Otoshi
Ippon Seoi Nage - NNK-2	O Soto Otoshi
Tani Otoshi	Yoko Wakare
O Uchi Gari	Ude Gaeshi
Ko Uchi Gari	Uki Waza - NNK-15
Ko Soto Gari	Uki Otsohi - NNK-1
Harai Goshi - NNK-5	Morote Seoi Nage
Kubi Nage	Sae Sae Tsuru Komi Ashi - NNK-8
Tsuru Goshi	Sode Tsuru Komi Goshi
Sumi Gaeshi - NNK-12	Yoko Tomoe Nage
Sukui Nage	Kuchiki Taoshi
Kata Ashi Dori	O Soto Gake
Ryo Ashi Dori	Yoko Gake - NNK-13
Kani Basami	Ura Nage - NNK-11
O Guruma	Yama Arashi
Tai Otoshi	Yoko Guruma - NNK-14
Uchi Mata - NNK-9	Kata Guruma - NNK-3
De Ashi Barai	Soto Maki Komi
Tsuru Komi Goshi - NNK-6	Harai Maki Komi
O Soto Guruma	Hane Maki Komi
Tomoe Nage - NNK-10	Osoto Maki Komi
Hikikomi Gaeshi	Te Guruma











Kihon Waza	
Jodan Soto Ude Uke	Age Tsuki
Jodan Uchi Ude Uke	Mawashi Tsuki
Oi Tsuki	Mawashi Empi Uchi
Gyaku Tsuki	Mae Geri
Musubi Dachi	Kin Geri
Heiko Dachi	
Shiko Dachi	
Shizen Dachi	
Zenkutsu Dachi	
Neko Ashi Dachi	









Shime Waza		
Kata Juji Jime	Tsukkomi Jime	Jigoku Jime
Hadaka Jime	Sankaku Jime	Ashi Jime
Sode Jime	Kata Te Kata Ashi Jime	Kata Eri Jime
O Kuri Eri Jime	Hidari Ashi Jime	Kaeshi Jime
Kata Ha Jime	Kakato Jime	Suso Jime

Takkusan Attaku
Tsuki Keri Waza
Nage Waza
Kensetu Waza
Kensetu Waza
Mae Ushiro
San Kai Attaku











Katame Waza				Katame Waza (Nigeru Koto)	Takkusan Attaku	Katame Waza
Kesa Gatame	Tate Shiho Gatame	Kami Shiho Gatame	Mune Gatame	Kesa Gatame - Ude Hishigi	Tsuki Keri Waza	Atama Hishigi
Makura Kesa Gatame	Yoko Shiho Gatame	Gyaku Kesa Gatame	Ushiro Eri Gatame	Kata Gatame - Ebi Ude Gatame	Nage Waza	Kubi Hishigi
Kata Gatame	Ude Hishigi Hiza Gatame	Kami Hiza Gatame	Ryo Hiza Ude Gatame	Yoko Shiho Gatame - Te Kata Ashi Jime	Kensetu Waza	Yoko Kubi Hishigi
Kesa Ude Gatame	Ude Gatame	Ude Hishigi Juji Gatame	Ude Hishigi Hiza Gatame	Juji Gatame - Higi Kin / Tai Sabaki	Kensetu Waza	Kuzure Kesa Kubi Hishigi
Ude Garami	Hara Gatame	Gyaku Kesa Ude Gatame	Ashi Gatame	Sankaku Jime - Higi Ashi	Mae Ushiro	Tate Hishigi
Gyaku Ude Garami	Waki Gatame	Hiji Maki Komi	Ashi Sankaku Garami	Hadaka Jime - Ude Gatame	San Kai Attaku	











Goshin Waza						Goshin Waza Tanto Katame	Goshin Waza Tanto Tachi
Akushu Tori - Te Kubi Uchi	Eri Tori - Kube Tai Sabaki	Yoko Atama Tori - Ude Garami	Mae Daki Tori - Uchi Mata	Nodo Tori - Kubi Tai Sabaki	Jodan Tsuki - Hadaka Jime	Nodo Tanto - Katame	Shomen Tanto - Tai Sabaki
Te Kubi Tori - Katate	Eri Tori - O Goshi	Yoko Atama Tori - Kami Hiza Guruma	Yoko Daki Tori - Tai Otoshi	Nodo Tori - Nodo Obi Tori	Mawashi Tsuki-Tai Sabaki	Nodo Tanto - Katame	Nodo Tanto - Uke Tsuki
Te Kubi Tori - Ryote	Mae Daki Tori - O Uchi Gari	Mae Atama Tori - Kote Gatame	Mae Geri - Kata Ashi Dori	Chudan Mae Geri - Ashi Gatame	Jodan Tsuki - Uchi Uke Teisho Uchi	Ushiro Nodo Tanto - Katame	Ushiro Tanto - Nami Kote
Te Kubi Tori - Katate Ryote	Mae Daki Tori - Ko Uchi Gari	Mae Atama Tori - Ude Garami	Mae Geri - O Uchi Gari	Shomen Uchi Konbo - Ushiro Ude Garami	Goshin Waza Tanto Tachi	Goshin Waza Katana Tachi	Ushiro Tanto - Gyaku Kote
Eri Tori - Nami Kote Gatame	Yoko Daki Tori - Uki Goshi	Ushiro Kami Tori - Gyaku Kote Gatame	Kata Tori - Kannuki Gatame	Shomen Uchi Konbo - Mawashi Hiza Geri	Shomen Tanto - Ude Garami	Shomen Kiri Katana - Ushiro Ude Garami	Ushiro Nodo Tanto - Seo Otshi
Eri Tori - Gyaku Kote Gatame	Yoko Daki Tori - Ippon Seoi Nage	Yoko Daki Tori - Kubi Nage	Kata Tori - Ude Gatame	Shomen Uchi Konbo - Ippon Seoi Nage	Shomen Tanto - Ude Gatame	Shomen Kiri Katana - Ude Gatame	Ushiro Nodo Tanto - Ude Garami
Eri Tori - Koshi Guruma	Ushiro Daki Tori - Tani Otoshi	Ushiro Daki Tori - Tsuri Goshi	Kata Tori - Gyaku Ude Garami	Mawashi Konbo - Harai Goshi	Chudan Tanto - Nami Kote Gateme	Shomen Kiri Katana - Nage Waza	
Eri Tori - Osoto Gari	Ushiro Daki Tori - Hiza Gatame	Ushiro Daki Tori - Sukui Nage	Kata Tori - Kani Basami	Tsuki Uchi Konbo - Ude Gatame	Chudan Tanto - Gyaku Kote Gatame	Tsukkomí Kiri Katana - Ude Gatame	
Yoko Atama Tori - Tai Sabaki	Yoko Atama Tori - Tani Otoshi	Jodan Tsuki - Kesa Gatame	Jodan Tsuki - Hiza Mawashi	Shomen Uchi Isu - Ippon Seoinage	Mawashi Tanto - Tai Sabaki	Mawashi Kiri Katana - Ude Gatame	
Mae Atama Tori - Tai Sabaki	Mae Atama Tori - Ushiro Ukemi	Jodan Tsuki - Kata Gatame	Mawashi Tsuki - Harai Goshi	Mawashi Isu - Harai Goshi	Mawashi Tanto - Harai Goshi	Mawashi Kiri Katana - Nage Waza	

		Miscellaneous	
1			<ol style="list-style-type: none"> <li>1. Tori - Defender</li> <li>2. Uke - Attacker</li> <li>3. Jiu Jitsu Ka</li> </ol>
Uke - Attacker		Tori Defender	
2			<ol style="list-style-type: none"> <li>1. Hands open</li> <li>2. Sit up straight</li> <li>3. Tuck in elbows</li> </ol>
Seiza		Kneeling	
3			<ol style="list-style-type: none"> <li>1. Hands flat</li> <li>2. Head low</li> <li>3. Looking forward</li> </ol>
Zarei		Kneeling Bow	
4			<ol style="list-style-type: none"> <li>1. Feet Together</li> <li>2. Bend at hip</li> <li>3. Hands to side</li> </ol>
Ritzurei		Standing Bow	
5			<ol style="list-style-type: none"> <li>1. Feet Wide</li> <li>2. Low Stance</li> <li>3. Drop center of gravity</li> </ol>
Jigotai		Defensive Posture	











6			<ol style="list-style-type: none"> <li>1. Feet shoulder width apart</li> <li>2. Knees bent</li> <li>3. Guard up</li> </ol>
Tai Sabaki		Body Movement	
7			<ol style="list-style-type: none"> <li>1. Tuck in elbows</li> <li>2. Low Stance</li> <li>3. Guard up</li> </ol>
Waka Shime		Close Armpit	
8			<ol style="list-style-type: none"> <li>1. Reach High</li> <li>2. Tip toes</li> <li>3. Squat and swing arms</li> </ol>
Reach		Swing	
9			<ol style="list-style-type: none"> <li>1. Rotate Arms</li> <li>2. Big circles</li> <li>3. Forward, back opposite direction</li> </ol>
Kata		Shoulders	
10			<ol style="list-style-type: none"> <li>1. Slap back</li> <li>2. Reach &amp; Stretch</li> <li>3. Palm up</li> </ol>
Kata		Shoulders	






















11			<ol style="list-style-type: none"> <li>1. Pull apart</li> <li>2. Palm up</li> <li>3. Palm down</li> </ol>
Mune		Chest	
12			<ol style="list-style-type: none"> <li>1. Hands on hips</li> <li>2. Big circles</li> <li>3. Left &amp; right</li> </ol>
Goshi		Hips	
13			<ol style="list-style-type: none"> <li>1. Hips forward</li> <li>2. Reach behind</li> <li>3. Left &amp; right</li> </ol>
Reach Behind		Reach Behind	
14			<ol style="list-style-type: none"> <li>1. Hands on knees</li> <li>2. Small circles</li> <li>3. Left &amp; Right</li> </ol>
Hiza		Knees	
15			<ol style="list-style-type: none"> <li>1. Hips low</li> <li>2. Stretch slow</li> <li>3. Left &amp; right</li> </ol>
Ashi		Legs	

16			<ol style="list-style-type: none"> <li>1. Hips on ground</li> <li>2. Turn and look</li> <li>3. Left &amp; right</li> </ol>
Sit Turn Reach		Left & Right	
17			<ol style="list-style-type: none"> <li>1. Hips on ground</li> <li>2. Turn and look</li> <li>3. Left &amp; right</li> </ol>
Turn & Look		Left & Right	
18			<ol style="list-style-type: none"> <li>1. Outside edge</li> <li>2. Sink into it</li> <li>3. Left &amp; right</li> </ol>
Reach and Stretch		Left & Right	
19			<ol style="list-style-type: none"> <li>1. Leg Straight</li> <li>2. Lean forward</li> <li>3. Chin up</li> </ol>
Ashi		Legs	
20			<ol style="list-style-type: none"> <li>1. Cross over legs</li> <li>2. Look Behind</li> <li>3. Relax and breath</li> </ol>
Turn and Look		Left & Right	



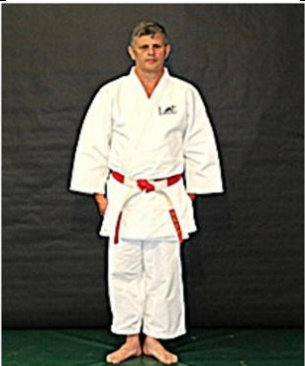













21			<ol style="list-style-type: none"> <li>1. Fingers at temples</li> <li>2. Elbows wide</li> <li>3. Shoulders off the ground</li> </ol>
Crunching Sit Ups		Crunching Sit Ups	
22			<ol style="list-style-type: none"> <li>1. Left and right</li> <li>2. Full punch</li> <li>3. Guard up</li> </ol>
Punching Sit Ups		Punching Sit Ups	
23			<ol style="list-style-type: none"> <li>1. Hands below shoulders</li> <li>2. Body straight</li> <li>3. Upper arm horizontal</li> </ol>
Push Ups		Push Ups	
24			<ol style="list-style-type: none"> <li>1. Feet wide</li> <li>2. Body straight</li> <li>3. Upper arm horizontal</li> </ol>
One Arm Push Up		One Arm Push Up	
25			<ol style="list-style-type: none"> <li>1. Tuck in elbows</li> <li>2. Bridge</li> <li>3. Low hips</li> </ol>
Waka Shime		Close Armpits or Mat Drags	

26			<ol style="list-style-type: none"> <li>1. Pivot on foot &amp; shoulder</li> <li>2. Knee to elbow</li> <li>3. Guard up</li> </ol>
	Mae/Ushiro Ebi	Front/back Shrimp	
27			<ol style="list-style-type: none"> <li>1. Feet wide</li> <li>2. Hips high</li> <li>3. Nose to ground chin to chest</li> </ol>
	Mae Atama	Front Head Bridge	
28			<ol style="list-style-type: none"> <li>1. Feet wide</li> <li>2. Bridge</li> <li>3. Back and forth</li> </ol>
	Ushiro Atama	Back Head Bridge	
29			<ol style="list-style-type: none"> <li>1. Knees over feet</li> <li>2. Thighs horizontal</li> <li>3. Guard up</li> </ol>
	Squat Jumps	Squat Jumps	
30			<ol style="list-style-type: none"> <li>1. Knees to chest</li> <li>2. Land on toes</li> <li>3. Jump high</li> </ol>
	Jump Ups	Jump Ups	<ol style="list-style-type: none"> <li>1. Secure a</li> <li>2. Weight</li> <li>3. Head do</li> </ol>











<b>Roku Kyu</b>	<b>White Belt</b>	<b>Key Elements</b>
<div>1</div> 		<ol style="list-style-type: none"> <li>1. Land on your side</li> <li>2. Arm 45 deg</li> <li>3. Chin on the chest</li> </ol>
<b>Yoko Ukemi</b>	<b>Side Breakfall</b>	
<div>2</div> 		<ol style="list-style-type: none"> <li>1. Shoulders and balls of feet</li> <li>2. Arms 45 deg</li> <li>3. Hips raised</li> </ol>
<b>Ushiro Ukemi</b>	<b>Rear Breakfall</b>	
<div>3</div> 		<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Hips through</li> <li>3. Waka shime</li> </ol>
<b>Koshi Guruma</b>	<b>Loin Wheel</b>	
<div>4</div> 		<ol style="list-style-type: none"> <li>1. Kazushi</li> <li>2. Reap Leg</li> <li>3. Waka shime</li> </ol>
<b>O Soto Gari</b>	<b>Major Outer Reap</b>	
<div>5</div> 		<ol style="list-style-type: none"> <li>1. Step off line</li> <li>2. Move to the outside</li> <li>3. Guard up</li> </ol>
<b>Jodan Soto Ude Uke</b>	<b>Upper Outer Block</b>	

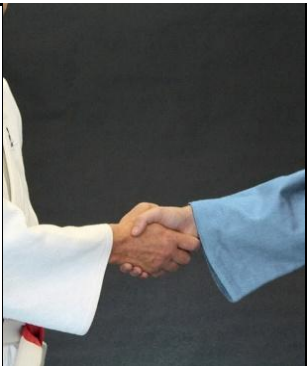











6			<ol style="list-style-type: none"> <li>1. Step off line</li> <li>2. Move to the inside</li> <li>3. Guard up</li> </ol>
	Jodan Uchi Ude Uke	Upper Inner Block	
7			<ol style="list-style-type: none"> <li>1. Punch from the front hand</li> <li>2. Move forward</li> <li>3. Guard up</li> </ol>
	Oi Tsuki	Lunge Punch	
8			<ol style="list-style-type: none"> <li>1. Punch from the rear hand</li> <li>2. Drive through the hips</li> <li>3. Guard up</li> </ol>
	Gyaku Tsuki	Reverse Punch	
9			<ol style="list-style-type: none"> <li>1. Ankles together</li> <li>2. feet 45 degrees</li> <li>3. Hands at the side</li> </ol>
	Musubi Dachi	Formal Stance	
10			<ol style="list-style-type: none"> <li>1. Feet shoulder width apart</li> <li>2. Knees slightly bent</li> <li>3. Guard up</li> </ol>
	Heiko Dachi	Parallel Stance	










11			<ul style="list-style-type: none"> <li>1. Feet Wide</li> <li>2. Low Stance</li> <li>3. Guard up</li> </ul>
<b>Shiko Dachi</b>		<b>Wide Horse Stance</b>	
12			<ul style="list-style-type: none"> <li>1. Feet shoulder width apart</li> <li>2. Knees slightly bent</li> <li>3. Guard up</li> </ul>
<b>Shizen Dachi</b>		<b>Natural Stance</b>	
13			<ul style="list-style-type: none"> <li>1. Feet Wide</li> <li>2. Low Stance</li> <li>3. Guard up</li> </ul>
<b>Zenkutsu Dachi</b>		<b>Foward Leaning Stance</b>	
14			<ul style="list-style-type: none"> <li>1. Weight on back foot</li> <li>2. Squat Slightly</li> <li>3. Guard up</li> </ul>
<b>Neko Ashi Dachi</b>		<b>Cat Stance</b>	
15			<ul style="list-style-type: none"> <li>1. Secure arm firmly</li> <li>2. Weight on Chest</li> <li>3. Head down</li> </ul>
<b>Kesa Gatame</b>		<b>Scarf Hold</b>	



16			<ol style="list-style-type: none"> <li>1. Secure arm firmly</li> <li>2. Grab the knee</li> <li>3. Head down</li> </ol>
<b>Makura Kesa Gatame</b>		<b>Pillow Scarf Hold</b>	
17			<ol style="list-style-type: none"> <li>1. Grab elbow</li> <li>2. Tuck in head</li> <li>3. Hopis Low</li> </ol>
<b>Kata Gatame</b>		<b>Shoulder Hold</b>	
18			<ol style="list-style-type: none"> <li>1. Chest to chest</li> <li>2. Draw arm in close</li> <li>3. Two way twist</li> </ol>
<b>Ude Garami</b>		<b>Arm Entanglement</b>	
19			<ol style="list-style-type: none"> <li>1. Chest to chest</li> <li>2. Draw arm in close</li> <li>3. Two way twist</li> </ol>
<b>Gyaku Ude Garami</b>		<b>Reverse Arm Entanglement</b>	
20			<ol style="list-style-type: none"> <li>1. Thumb down</li> <li>2. Fulcrum elbow</li> <li>3. Raise wrist</li> </ol>
<b>Kesa Ude Gatame</b>		<b>Scarf Arm Hold</b>	

21			<ol style="list-style-type: none"> <li>1. Thumb up</li> <li>2. Hand open</li> <li>3. Tai Sabaki</li> </ol>
<b>Akushu Tori Te Kubi Uchi</b>		<b>Handshake Grab Wrist Strike</b>	
22			<ol style="list-style-type: none"> <li>1. Open hand</li> <li>2. Against the thumb</li> <li>3. Tai Sabaki</li> </ol>
<b>Te Kubi Tori Katate</b>		<b>Wrist Grab Single</b>	
23			<ol style="list-style-type: none"> <li>1. Open hands</li> <li>2. Against the thumbs</li> <li>3. Tai Sabaki</li> </ol>
<b>Te Kubi Tori Ryote</b>		<b>Wrist Grab Double</b>	
24			<ol style="list-style-type: none"> <li>1. Clasp hands</li> <li>2. Against the thumbs</li> <li>3. Tai Sabaki</li> </ol>
<b>Te Kubi Tori-Katate Ryote</b>		<b>Wrist Grab - One Against Two</b>	
25			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Wrist to chest</li> <li>3. Waka shime</li> </ol>
<b>Eri Tori-Nami Kote</b>		<b>Lapel Grab-Normal Wrist</b>	













26			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Wrist to chest</li> <li>3. Tai sabaki</li> </ol>
<b>Eri Tori-Gyaku Kote</b>		<b>Lapel Grab-Reverse Wrist</b>	
27			<ol style="list-style-type: none"> <li>1. Guard up</li> <li>2. Kuzushi</li> <li>3. Drive hips through</li> </ol>
<b>Eri Tori Koshi Guruma</b>		<b>Lapel Grab-Lion Wheel</b>	
28			<ol style="list-style-type: none"> <li>1. Guard up</li> <li>2. Kuzushi</li> <li>3. Big reap</li> </ol>
<b>Eri Tori Osoto Gari</b>		<b>Lapel Grab Major Out Reap</b>	
29			<ol style="list-style-type: none"> <li>1. Guard Up</li> <li>2. Shrug shoulders</li> <li>3. Tai Sabaki</li> </ol>
<b>Yoko Atama Tori - Tai Sabaki</b>		<b>Side Head Lock-Body Movement</b>	
30			<ol style="list-style-type: none"> <li>1. Control Arm</li> <li>2. Push shoulder through</li> <li>3. Step though gap</li> </ol>
<b>Mae Atama Tori - Tai Sabaki</b>		<b>Front Head Lock - Body Movement</b>	

Go Kyu	Yellow Belt	Key Elements
<div data-bbox="328 416 347 443">1</div> 		<ol style="list-style-type: none"> <li>1. Hands in line with foot</li> <li>2. Tuck in head</li> <li>3. Finish standing</li> </ol>
Chugeri Ukemi	Foward Rolling Breakfall	
<div data-bbox="328 835 347 862">2</div> 		<ol style="list-style-type: none"> <li>1. Knees bent</li> <li>2. Hips high</li> <li>3. Head Turned</li> </ol>
	Mae Ukemi	Front Breakfall
<div data-bbox="328 1254 347 1281">3</div> 		<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift with Legs</li> <li>3. Waka Shime</li> </ol>
O Goshi	Major Hip Throw	
<div data-bbox="328 1673 347 1700">4</div> 		<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Pull around Hip</li> <li>3. Waka Shime</li> </ol>
Uki Goshi NNK 4	Floating Hip	
<div data-bbox="328 2092 347 2119">5</div> 		<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift with Legs</li> <li>3. Waka Shime</li> </ol>
Ippon Seoi Nage NNK 2	One Arm Shoulder Throw	

6			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Reap leg</li> </ol>
Tani Otoshi		Valley Drop	
7			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap leg</li> <li>3. Waka Shime</li> </ol>
O Uchi Gari		Major Inner Reap	
8			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap leg</li> <li>3. Waka Shime</li> </ol>
Ko Uchi Gari		Minor Inner Reap	
9			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap leg</li> <li>3. Waka Shime</li> </ol>
Ko Soto Gari		Minor Outer Reap	
10			<ol style="list-style-type: none"> <li>1. Keep close</li> <li>2. Drive through legs</li> <li>3. Guard up</li> </ol>
Age Tsuki		Rising Punch	




















11			<ol style="list-style-type: none"> <li>1. Keep close</li> <li>2. Drive through legs</li> <li>3. Guard up</li> </ol>
Mawashi Tsuki		Roundhouse Punch	
12			<ol style="list-style-type: none"> <li>1. Keep close</li> <li>2. Drive through legs</li> <li>3. Guard up</li> </ol>
Mawashi Empi Uchi		Roundhouse Elbow Strike	
13			<ol style="list-style-type: none"> <li>1. Pull toes back</li> <li>2. Drive through legs</li> <li>3. Guard up</li> </ol>
Mae Geri		Front Kick	
14			<ol style="list-style-type: none"> <li>1. Toes down</li> <li>2. Drive through legs</li> <li>3. Guard up</li> </ol>
Kin Geri		Groin Kick	
15			<ol style="list-style-type: none"> <li>1. Grab elbow</li> <li>2. Tuck in head</li> <li>3. Lock legs</li> </ol>

16			<ol style="list-style-type: none"> <li>1. Thumb Down</li> <li>2. Fulcrum Elbow</li> <li>3. Raise Wrist</li> </ol>
	<b>Tate Shiho Gatame</b>	<b>Lengthwise 4 quarter Hold</b>	
17			<ol style="list-style-type: none"> <li>1. Trap arm</li> <li>2. Control leg</li> <li>3. Hips low</li> </ol>
	<b>Yoko Shiho Gatame</b>	<b>Side Body Hold</b>	
18			<ol style="list-style-type: none"> <li>1. Thumb to neck</li> <li>2. Fulcrum elbow</li> <li>3. Waka shime</li> </ol>
	<b>Ude Gatame</b>	<b>Arm Hold</b>	
19			<ol style="list-style-type: none"> <li>1. Thumb down</li> <li>2. Fulcrum elbow</li> <li>3. Squat</li> </ol>
	<b>Hara Gatame</b>	<b>Stomach Hold</b>	
20			<ol style="list-style-type: none"> <li>1. Tai Sabaki</li> <li>2. Lock Arm</li> <li>3. Weight on shoulder</li> </ol>
	<b>Waki Gatame</b>	<b>Armpit Hold</b>	








21			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Draw elbow</li> <li>3. Tai Sabaki</li> </ol>
Eri Tori- Kube Tai Sabaki		Lapel Grab-Neck Body Movement	
22			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift with legs</li> <li>3. Waka shime</li> </ol>
Eri Tori - O Goshi		Lapel Grab - Major Hip Throw	
23			<ol style="list-style-type: none"> <li>1. Hands to the hips</li> <li>2. Kuzushi</li> <li>3. Reap the leg</li> </ol>
Mae Daki Tori - O Uchi Gari		Front Body Grab - Major Inner Reap	
24			<ol style="list-style-type: none"> <li>1. Hands to the hips</li> <li>2. Kuzushi</li> <li>3. Reap the leg</li> </ol>
Mae Daki Tori-Ko Uchi Gari		Front Body Hold - Minor Inner Reap	
25			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Lift with Legs</li> </ol>
Yoko Daki Tori-Uki Goshi		Side Body Grab - Floating Hip Throw	

















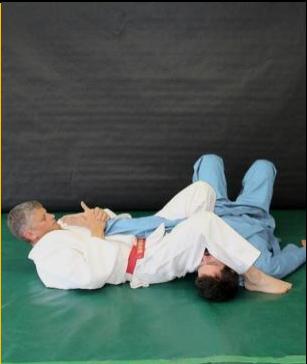





26			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Lift with Legs</li> </ol>
Yoko Daki Tori-Ippon		Side Body Grab - One Armed Shoulder Throw	
27			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Reap Opposite foot</li> </ol>
Ushiro Daki Tori-Tani Otoshi		Rear Body Grab-Valley Drop	
28			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Step back</li> <li>3. Fulcrum knee</li> </ol>
Ushiro Daki Tori- Hiza Gatame		Rear Body Grab-Leg Hold	
29			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Reap opposite leg</li> </ol>
Yoko Atama Tori Tani Otoshi		Side Head Lock Valley Drop	
30			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Step outside</li> <li>3. Sit</li> </ol>
Mae Atama Tori- Ushiro Ukemi		Front Head Grab-Rear BreakFall	

	Yon Kyu	Orange Belt	Key Elements
1			<ol style="list-style-type: none"> <li>1. Hands in line with foot</li> <li>2. Tuck in head</li> <li>3. Land in Yoko</li> </ol>
	Mae Chugeri Ukemi	Front Rolling Breakfall	
2			<ol style="list-style-type: none"> <li>1. Tripod base</li> <li>2. Control balance</li> <li>3. Land in ushiro</li> </ol>
	Atama Kamae Ukemi	Headstand Breakfall	
3			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Control arm</li> <li>3. Sweep Lower Leg</li> </ol>
	Harai Goshi NNK 5	Sweeping Hip	
4			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift with Legs</li> <li>3. Waka Shime</li> </ol>
	Kubi Nage	Neck Throw	
5			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift obi</li> <li>3. Waka shime</li> </ol>
	Tsuri Goshi	Fish Hook Hip	













6			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Control legs</li> <li>3. Throw over shoulder</li> </ol>
Sumi Gaeshi NNK 12		Corner Throw	
7			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Turn catch arm</li> </ol>
Sukai Nage		Scooping Throw	
8			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Tai Sabaki</li> <li>3. Waka Shime</li> </ol>
Kata Ashi Dori		Single Leg Grab	
9			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Tai Sabaki</li> <li>3. Waka Shime</li> </ol>
Ryo Ashi Dori		Double Leg Grab	
10			<ol style="list-style-type: none"> <li>1. Step off line</li> <li>2. Block behind knee</li> <li>3. Close gap</li> </ol>
Kake Uke		Hook Block	

11			<ol style="list-style-type: none"> <li>1. Keep close</li> <li>2. Drop body weight</li> <li>3. Guard up</li> </ol>
Otoshi Empi Uchi		Downward Elbow Strike	
12			<ol style="list-style-type: none"> <li>1. Tuck in chin</li> <li>2. Pivot at hips</li> <li>3. Guard up</li> </ol>
Mae Atama Uchi		Front Head Strike	
13			<ol style="list-style-type: none"> <li>1. Pivot on ball of foot</li> <li>2. Toes down</li> <li>3. Guard up</li> </ol>
Mawashi Hiza Geri		Roundhouse Knee Kick	
14			<ol style="list-style-type: none"> <li>1. Pivot on ball of foot</li> <li>2. Toes down</li> <li>3. Guard up</li> </ol>
Mawashi Geri		Roundhouse Kick	
15			<ol style="list-style-type: none"> <li>1. Chest to Chest</li> <li>2. Hips Low</li> <li>3. Waka Shime</li> </ol>
Kami Shiho Gatame		Upper 4 Quarter Body Hold	

16			<ol style="list-style-type: none"> <li>1. Lock Arm</li> <li>2. Head Down</li> <li>3. Waka Shime</li> </ol>
<b>Hara Gatame</b>		<b>Stomach Hold</b>	
17			<ol style="list-style-type: none"> <li>1. Thumb up</li> <li>2. Fulcrum elbow</li> <li>3. Pressure on Shoulder</li> </ol>
<b>Kami Hiza Gatame</b>		<b>Upper Knee Lock</b>	
18			<ol style="list-style-type: none"> <li>1. Thumb Up</li> <li>2. Knees Together</li> <li>3. Fulcrum elbow</li> </ol>
<b>Ude Hishigi Juji Gatame</b>		<b>Cross Body Arm Lock</b>	
19			<ol style="list-style-type: none"> <li>1. Thumb up</li> <li>2. Head Down</li> <li>3. Fulcrum elbow</li> </ol>
<b>Gyaku Keas Ude Gatame</b>		<b>Reverse Scarf Arm Hold</b>	
20			<ol style="list-style-type: none"> <li>1. Straight Arm</li> <li>2. Cut into Triceps</li> <li>3. Uke Bent Foward</li> </ol>
<b>Hiji Maki Komi</b>		<b>Elbow Winding</b>	













21			<ol style="list-style-type: none"> <li>1. Trap arm</li> <li>2. Cut through shoulder</li> <li>3. Trap elbow</li> </ol>
Yoko Atama Tori-Ude Garami		Side Head Grab Arm Lock	
22			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Lift pull</li> <li>3. Tai sabaki</li> </ol>
Yoko Atama Kami Hiza Guruma		Side Head Grab-Hair Knee Wheel	
23			<ol style="list-style-type: none"> <li>1. Tai Sabaki</li> <li>2. Control Arm</li> <li>3. Drive Through</li> </ol>
Mae Atama Kote Gatame		Front Head Grab - Wrist Lock	
24			<ol style="list-style-type: none"> <li>1. Tai Sabaki</li> <li>2. Drive Through</li> <li>3. Turn Entangle Arm</li> </ol>
Mae Atama - Ude Garami		Front Head Grab - Arm Entanglement	
25			<ol style="list-style-type: none"> <li>1. Control Hand</li> <li>2. Rotate Outwards</li> <li>3. Drive wrist up</li> </ol>
Uchi Mawashi Tori-Gyaku Kote Gata		Rear Hair Grab - Reverse Wrist Lock	

26			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Waka shime</li> </ol>
Yoko Daki Tori-Kube Nage		Side Body Grab- Neck Throw	
27			<ol style="list-style-type: none"> <li>1. Step outside</li> <li>2. Fulcrum Knee</li> <li>3. Squat</li> </ol>
Ushiro Daki - Tsuru Goshi		Rear Body Grab- Fish Hook Hip[	
28			<ol style="list-style-type: none"> <li>1. Jigotai</li> <li>2. Kuzushi</li> <li>3. Turn catch arm</li> </ol>
Ushiro Daki Tori-Sukui Nage		Rear Body Grab-Scooping Throw	
29			<ol style="list-style-type: none"> <li>1. Block and close</li> <li>2. Kuzushi</li> <li>3. Tai sabaki</li> </ol>
Jodan Tsuki-Kesa Gatame		Head Punch-Scarf Hold	
30			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Lock on Kata</li> <li>3. Tai sabaki</li> </ol>
Jodan Tsuki-Kata Gatame		Head Punch-Shoulder Hold	















	San Kyu	Green Belt	Key Elements
1			<ol style="list-style-type: none"> <li>1. Straight over</li> <li>2. Lock arm</li> <li>3. Land yoko</li> </ol>
2	Katai Ude Sutemi	Stiff Arm Sacrifice	
			<ol style="list-style-type: none"> <li>1. Lock Arms</li> <li>2. Control balance</li> <li>3. Land in ushiro</li> </ol>
3	Te Kamae Ukemi	Handstand Breakfall	
			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Yoko Geri</li> <li>3. Trap &amp; Turn</li> </ol>
4	Kani Basami	Scissor Throw	
			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Step in Turn</li> <li>3. Waka Shime</li> </ol>
5	O Guruma	Major Wheel	
			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Drop Body</li> <li>3. Waka Shime</li> </ol>
	Tai Otoshi	Body Drop	

6			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Fulcrum Inner Thigh</li> <li>3. Waka Shime</li> </ol>
	Uchi Mata-NNK-9	Inner Thigh	
7			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap advancing foot</li> <li>3. Waka Shime</li> </ol>
	De Ashi Barai	Advancing Foot Sweep	
8			<ol style="list-style-type: none"> <li>1. Uke Stiffens up</li> <li>2. Kuzushi</li> <li>3. Lift Pull Action</li> </ol>
	Tsuru Komi Goshi NNK6	Lift Pull Hip Throw	
9			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap both Legs</li> <li>3. Waka Shime</li> </ol>
	O Soto Guruma	Major Outer Wheel	
10			<ol style="list-style-type: none"> <li>1. Palms Opposite</li> <li>2. Deep Grip</li> <li>3. Scissor Action</li> </ol>
	Kata Juji Jime	Opposite Cross Strangle	

11			<ol style="list-style-type: none"> <li>1. Throat to Elbow</li> <li>2. Roll Neck Muscle</li> <li>3. Draw Back</li> </ol>
Hadaka Jime		Rear Naked Strangle	
12			<ol style="list-style-type: none"> <li>1. Shallow Grip of Sleeve</li> <li>2. Roll Neck Muscle</li> <li>3. Draw Back</li> </ol>
Sode Jime		Sleeve Strangle	
13			<ol style="list-style-type: none"> <li>1. High Low Grip</li> <li>2. Scissor action</li> <li>3. Draw Back</li> </ol>
O Kuri Eri Jime		Sliding Lapel Strangle	
14			<ol style="list-style-type: none"> <li>1. High Grip</li> <li>2. Lift Arm</li> <li>3. Draw Back</li> </ol>
Kata Ha Jime		Single Wing Strangle	
15			<ol style="list-style-type: none"> <li>1. Grab Obi</li> <li>2. Chest to Chest</li> <li>3. Bridge, hips low</li> </ol>
Mune Gatame		Chest Hold	













16			<ol style="list-style-type: none"> <li>1. Grab Lapels chest height</li> <li>2. Waka Shime</li> <li>3. Push Head</li> </ol>
Ushiro Eri Gatame		Rear Lapel Hold	
17			<ol style="list-style-type: none"> <li>1. Straight Arms</li> <li>2. Thumbs In</li> <li>3. Fulcrum Elbows</li> </ol>
Ryo Hiza Ude Gatame		Double Arm Knee Hold	
18			<ol style="list-style-type: none"> <li>1. Foot inside Leg</li> <li>2. Ude Garami</li> <li>3. Push Uke Flat</li> </ol>
Ude Hishigi Hiza Gatame		Arm Crush Knee Hold	
19			<ol style="list-style-type: none"> <li>1. Thumb up</li> <li>2. Lock wrist</li> <li>3. Fulcrum elbow</li> </ol>
Ashi Ude Gatame		Leg Arm Hold	
20			<ol style="list-style-type: none"> <li>1. Lock Leg</li> <li>2. Lift Elbow</li> <li>3. Diagonal Pressue</li> </ol>
Ashi Sankaku Garami		Leg Triangular Lock	

21			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Fulcrum Inner Thigh</li> <li>3. Waka Shime</li> </ol>
Mae Daki Tori-Uchi Mata		Front Body Grab - Inner Thigh	
22			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Drop body</li> <li>3. Waka shime</li> </ol>
Yoko Daki Tori - Tai Otoshi		Side Body Hold - Body Drop	
23			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Tai Sabaki</li> <li>3. Waka Shime</li> </ol>
Mae Geri - Kata Ashi Dori		Front Kick - Single Leg Grab	
24			<ol style="list-style-type: none"> <li>1. Block and Close</li> <li>2. Uchi</li> <li>3. Reap Leg</li> </ol>
Mae Geri - O Uchi Gari		Front Kick - Major Inner Reap	
		<ol style="list-style-type: none"> <li>1. Outer Wind Arm</li> <li>2. Fulcrum Elbow</li> <li>3. Drive Upwards</li> </ol>	
Kata Tori - Kannuki Gatame		Shoulder Grab - Bolt Lock	

26			<ol style="list-style-type: none"> <li>1. Circle Arm</li> <li>2. Palm to Palm</li> <li>3. Fullcrum Elbow</li> </ol>
Kata Tori- Ude Gatame		Shoulder Grab - Arm Hold	
27			<ol style="list-style-type: none"> <li>1. Circle Arm</li> <li>2. Grab Lapel</li> <li>3. Straighten Arm</li> </ol>
Kata Tori - Gyaku Ude Garami		Shoulder Grab - Reverse Arm Lock	
28			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Yoko geri</li> <li>3. Trap &amp; turn</li> </ol>
Kata Tori - Kani Basami		Shoulder Grab - Scissor Throw	
29			<ol style="list-style-type: none"> <li>1. Block and Close</li> <li>2. Hiza to Chudan</li> <li>3. Roll foward</li> </ol>
Jodan Tsuki - Hiza Mawashi		Head Punch - Knee Roundhouse	
30			<ol style="list-style-type: none"> <li>1. Block and Close</li> <li>2. Tai Sabaki</li> <li>3. Sweep the Leg</li> </ol>
Mawashi Tsuki- Harai Goshi		Roundhouse Punch-Sweeping Hip	














	Ni Kyu	Blue Belt	Key Elements
1			<ol style="list-style-type: none"> <li>1. Straight over</li> <li>2. Commit</li> <li>3. Land yoko</li> </ol>
	Iie Katai Ude Sutemi	No Arm Stiff Arm Sacrifice	
2			<ol style="list-style-type: none"> <li>1. Straight over</li> <li>2. Commit</li> <li>3. Land Ushiro</li> </ol>
	Ippon Sutemi	Somersault Sacrifice	
3			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Foot to Hip</li> <li>3. Drop Roll</li> </ol>
	Tomoe Nage-NNK 10	Stomach Throw	
4			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Trap Arm &amp; Obi</li> <li>3. Drop Roll</li> </ol>
	Hikkomi Gaeshi	Rolling Pull Throw	
5			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Create a platform</li> <li>3. Waka Shime</li> </ol>
	Hane Goshi	Spring Hip	

6			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Reap both feet</li> <li>3. Waka Shime</li> </ol>
O Kuri Ashi Barai - NNK 7		Sliding Foot Sweep	
7			<ol style="list-style-type: none"> <li>1. Grab</li> <li>2. Drop</li> <li>3. Roll</li> </ol>
Tawara Gaeshi		Rice Ball Throw	
8			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Trap Arm High</li> <li>3. Waka Shime</li> </ol>
Seoi Otoshi		Shoulder Drop	
9			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Plant foot</li> <li>3. Drop Weight</li> </ol>
O Soto Otoshi		Major Outer Drop	
10			<ol style="list-style-type: none"> <li>1. Draw collar across throat</li> <li>2. Push pull</li> <li>3. Lock arm</li> </ol>
Tsukkomi Jime		Thrusting Strangle	




11			<ol style="list-style-type: none"> <li>1. Draw Arm</li> <li>2. Angle off</li> <li>3. Knees Together</li> </ol>
	Sankaku Jime	Triangular Strangle	
12			<ol style="list-style-type: none"> <li>1. Grip Collar</li> <li>2. Ebi into Postion</li> <li>3. Use Leg to Finish</li> </ol>
	Kata Te Kata Ashi Jime	One Hand One Leg Strangle	
13			<ol style="list-style-type: none"> <li>1. Grip Collar</li> <li>2. Leg Behind Head</li> <li>3. Grip Foot</li> </ol>
	Hidari Ashi Jime	Left Leg Strangle	
14			<ol style="list-style-type: none"> <li>1. Grip Collar</li> <li>2. Leg on Throat</li> <li>3. Push Pull Finish</li> </ol>
	Kakato Jime	Heel Strangle	
15			<ol style="list-style-type: none"> <li>1. Clasp hand</li> <li>2. Crush Elbow</li> <li>3. Roll Away</li> </ol>
	Kesa Gatame-Ude Hishigi	Scarf Hold - Arm Crush	



16		<ol style="list-style-type: none"> <li>1. Ebi into Position</li> <li>2. Drive Elbow into Neck</li> <li>3. Turn Inwards</li> </ol>
Kata Gatame-Ebi Ude Gatame		Shoulder Hold - Shrimp Arm Hold
17		<ol style="list-style-type: none"> <li>1. Grip Collar</li> <li>2. Ebi into Position</li> <li>3. Use Leg to Finish</li> </ol>
Yoko Shiho Gatame -Te Kata Ashi Jime		Side Body Hold-One Hand One Leg Stangle
18		<ol style="list-style-type: none"> <li>1. Drop elbow</li> <li>2. Rotate arm</li> <li>3. Roll up</li> </ol>
Juji Gatame - Tai Sabaki		Cross Body Arm - Escape x2
19		<ol style="list-style-type: none"> <li>1. Elbow inside knee</li> <li>2. Hand past face</li> <li>3. Yoko Finish</li> </ol>
San Kaku Jime - Higi Ashi		Trianglular Strangle - Escape x 2
20		<ol style="list-style-type: none"> <li>1. Tuck Chin</li> <li>2. Control Elbow</li> <li>3. Climb Arm</li> </ol>
Hadaka Jime- Ude Gatami		Naked Arm Strangle - Arm Lock











21			<ol style="list-style-type: none"> <li>1. Guard Up</li> <li>2. Tai Sabaki</li> <li>3. Create Space</li> </ol>
Nodo Tori- Kubi Tai Sabaki		Throat Grab - Neck Body Movement	
22			<ol style="list-style-type: none"> <li>1. Guard up</li> <li>2. Push pull</li> <li>3. Straddle</li> </ol>
Nodo Tori-Nodo Obi Tori		Throat Grab-Throat Belt	
23			<ol style="list-style-type: none"> <li>1. Catch &amp; trap foot</li> <li>2. Jerk back</li> <li>3. Turn and lock</li> </ol>
Chudan Mae Geri-Ashi Garami		Front Kick-Foot Lock	
24			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Shomen Uchi Ude Garami		Downward Head Strike Back Arm Lock	
25			<ol style="list-style-type: none"> <li>1. Step off Line</li> <li>2. Soto Uke</li> <li>3. Mawashi Hiza</li> </ol>
Shomen Uchi Mawashi Hiza		Downward Head Strike - Roundhouse Hiza	













26			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Tai sabaki</li> <li>3. Sweep leg</li> </ol>
Shomen Uchi Ippon Seoi Nage		Downward Head Strike - One Arm Shoulder	
27			<ol style="list-style-type: none"> <li>1. Uchi Uke</li> <li>2. Turn With Uke</li> <li>3. Harai Goshi</li> </ol>
Mawashi Konbo-Harai Goshi		Roundhouse stick-Sweeping Hip	
28			<ol style="list-style-type: none"> <li>1. Step off Line</li> <li>2. Soto Uke</li> <li>3. Ude Gatame</li> </ol>
Tsuki Uchi - Ude Gatame		Thrusting Strike - Arm Hold	
29			<ol style="list-style-type: none"> <li>1. Block and Close</li> <li>2. Immobilise</li> <li>3. Control Weapon</li> </ol>
Shomen Uchi Isu - Ippon		Downward Chair - One Arm Shoulder Throw	
30			<ol style="list-style-type: none"> <li>1. Block and Close</li> <li>2. Immobilise</li> <li>3. Control Weapon</li> </ol>
Mawashi Uchi Isu - Harai Goshi		Round House Chair Sweeping Hip	



	Ik Kyu	Brown Belt	Key Elements
1			<ol style="list-style-type: none"> <li>1. Trap arm high</li> <li>2. Drop turn</li> <li>3. Roll</li> </ol>
	Yoko Wakare	Side Separation	
2			<ol style="list-style-type: none"> <li>1. Grip Sleeve + Collar</li> <li>2. Roll Under Arm</li> <li>3. Ude Garami</li> </ol>
	Ude Gaeshi	Arm Roll	
3			<ol style="list-style-type: none"> <li>1. Both In Jigotai</li> <li>2. Step Outside Leg</li> <li>3. Uke Falls Forward</li> </ol>
	Uke Waza NNK 15	Floating Throw	
4			<ol style="list-style-type: none"> <li>1. Uke Step Forward</li> <li>2. Tori Drops To Knee</li> <li>3. Tori Draws Uke Circular Motion</li> </ol>
	Uki Otoshi - NNK 1	Floating Drop	
5			<ol style="list-style-type: none"> <li>1. Tori Rotates Lapel Grip</li> <li>2. Elbow Under Arm</li> <li>3. Waka Shime</li> </ol>
	Morote Seoi Nage	Folded Arm Shoulder Throw	

6			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Trap foot</li> <li>3. Waka shime</li> </ol>
7			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Entangle arms</li> <li>3. Waka shime</li> </ol>
8			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Foot to hip</li> <li>3. Drop to side roll</li> </ol>
9			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Drive down</li> <li>3. Waka shime</li> </ol>
10			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Up root leg</li> <li>3. Waka shime</li> </ol>



11			<ol style="list-style-type: none"> <li>1. Grip collar</li> <li>2. Trap arm</li> <li>3. Push leg</li> </ol>
Jigoku Jime		Hell Strangle	
12			<ol style="list-style-type: none"> <li>1. Grip Collar</li> <li>2. Ebi into Postion</li> <li>3. Use Leg to Finish</li> </ol>
Ashi Jime		Leg Strangle	
13			<ol style="list-style-type: none"> <li>1. Opposite Lapel</li> <li>2. Arms Crossed</li> <li>3. Bridge Finish</li> </ol>
Kata Eri Jime		Single Collar Strangle	
14			<ol style="list-style-type: none"> <li>1. Opposite Lapel</li> <li>2. Under arm</li> <li>3. Roll Over</li> </ol>
Kaeshi Jime		Overturn Strangle	
15			<ol style="list-style-type: none"> <li>1. Grip Own Gi</li> <li>2. Drag Gi Around Neck</li> <li>3. Opposing Pressure with Knee</li> </ol>
Suso Jime		Jaket Bottom Strangle	













16			<ol style="list-style-type: none"> <li>1. Kick</li> <li>2. Strike</li> <li>3. Move</li> </ol>
Takusan Atakku Tsuki/Keri		Multiple Attack - Punch/Kick	
17			<ol style="list-style-type: none"> <li>1. Move</li> <li>2. Throw</li> <li>3. Stack</li> </ol>
Takusan Atakku - Nage		Multiple Attack- Throws	
18			<ol style="list-style-type: none"> <li>1. Draw in</li> <li>2. Use levers</li> <li>3. Stack</li> </ol>
Takusan Attakku- Kansetsu		Multiple Attackers-Joint Locks	
19			<ol style="list-style-type: none"> <li>1. Prioritise Threat</li> <li>2. Tai Sabaki</li> <li>3. Use Opponents To Shield</li> </ol>
Takusan Attakku- Kansetsu		Multiple Attackers-Joint Locks	
20			<ol style="list-style-type: none"> <li>1. Prioritise Threat</li> <li>2. Tai Sabaki</li> <li>3. Use Opponents To Shield</li> </ol>
Takusan Attakku- Mae/Ushiro		Multiple Attackers-Front and Rear	




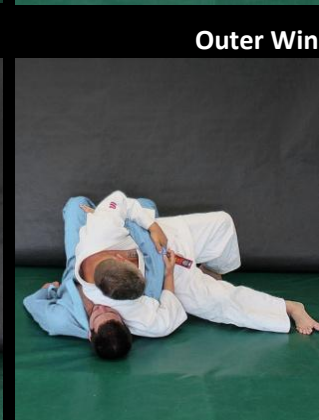



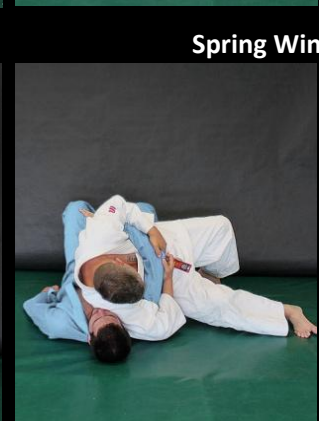


21			<ol style="list-style-type: none"> <li>1. Prioritise Threat</li> <li>2. Tai Sabaki</li> <li>3. Immobilise</li> </ol>
Takusan Atakku - San Kai		Multiple Attack- Three People	
22			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Tai sabaki</li> <li>3. Draw back</li> </ol>
Jodan Tsuki Hadaka Jime		Head Punch - Naked Arm Strangle	
23			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Tai sabaki</li> <li>3. Waka shime</li> </ol>
Mawashi Tsuki-Tai Sabaki		Roundhouse Head Punch-Body Move	
24			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Straight arm</li> <li>3. Palm to chin</li> </ol>
Jodan Tsuki-Teisho Uchi		Head Punch Palm Heel	
25			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Shomen Tanto - Ude Garami		Head Knife Reverse Arm Lock	



26			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Shomen Tanto - Ude Gatame		Head Knife-Arm Hold	
27			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Chudan Tanto Nami Kote		Mid Knife Attack Normal Wrist Lock	
28			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Chudan Tanto Gyaku Kote		Mid Knife Attack Reverse Wrist Lock	
29			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Mawashi Tanto - Tai Sabaki		Roundhouse Knife - Body Movement	
30			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
Mawashi Tanto - Harai Goshi		Roundhouse Knife - Sweeping hip	



	Sho Dan	Black Belt	Key Elements
1			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Hook Foot</li> <li>3. Drop to Side</li> </ol>
2	Yoko Gaki - NNK 13 	Side Hook 	<ol style="list-style-type: none"> <li>1. Uke Attempts Throw</li> <li>2. Tori Lifts Uke</li> <li>3. Throw over Shoulder</li> </ol>
3	Ura Nage - NNK 11 	Rear Throw 	<ol style="list-style-type: none"> <li>1. Same Side Grip</li> <li>2. Drive Arm under and Across Uke</li> <li>3. Thow over Shoulder</li> </ol>
4	Yama Arashi 	Mountain Storm 	<ol style="list-style-type: none"> <li>1. Uke Attacks with Ddonwd Strike</li> <li>2. Tori Lifts and Drops from Side</li> <li>3. Throw over Shoulder</li> </ol>
5	Yoko Guruma - NNK 14 	Side Wheel 	<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Draw on</li> <li>3. Lift with legs</li> </ol>
	Kata Guruma - NNK 3	Shoulder Wheel	

6			<ol style="list-style-type: none"> <li>1. Entrap arm</li> <li>2. Drop &amp; turn</li> <li>3. Land on top</li> </ol>
7			<ol style="list-style-type: none"> <li>1. Entrap arm</li> <li>2. Drop &amp; turn</li> <li>3. Land on top</li> </ol>
8			<ol style="list-style-type: none"> <li>1. Entrap arm</li> <li>2. Drop &amp; turn</li> <li>3. Land on top</li> </ol>
9			<ol style="list-style-type: none"> <li>1. Entrap arm</li> <li>2. Drop &amp; turn</li> <li>3. Land on top</li> </ol>
10			<ol style="list-style-type: none"> <li>1. Kuzushi</li> <li>2. Grab obi</li> <li>3. Push pull</li> </ol>
	Te Guruma	Hand Wheel	

11



1. Uke Prone
2. Tori Grips under Cheek Bone
3. Bridge Gently

Atama Hishigi

Head Crush

12



1. Lever head
2. Elbows in chest
3. Waka shime

Kubi Hishigi

Neck Crush

13



1. Fist to pit
2. Straighten arm
3. Pull head

Yoko Kubi Hishigi

Side Neck Crush

14



1. Control arm
2. Trap head
3. Lean back

Kuzure Kesa Kubi Hishigi

Broken Scarf Neck Crush

15























1. Cut to throat
2. Lock arms
3. Bridge Gently

Tate Hishigi

Standing Neck Crush



16			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
17			<ol style="list-style-type: none"> <li>1. Block &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
18			<ol style="list-style-type: none"> <li>1. Turn &amp; close</li> <li>2. Immobilise</li> <li>3. Control weapon</li> </ol>
19			<ol style="list-style-type: none"> <li>1. Tanto on Left</li> <li>2. Tori Rotates Right</li> <li>3. Ude Garami</li> </ol>
20			<ol style="list-style-type: none"> <li>1. Trap arm high</li> <li>2. Turn Immobilise</li> <li>3. Control weapon</li> </ol>
	Ushiro Nodo -Seo Otoshi	Rear Throat - Shoulder Drop	

21			<ol style="list-style-type: none"> <li>1. Trap arm high</li> <li>2. Turn Immobilise</li> <li>3. Control weapon</li> </ol>
22			<ol style="list-style-type: none"> <li>1. Trap Wrist</li> <li>2. Control Tanto</li> <li>3. Strike Atemi</li> </ol>
23			<ol style="list-style-type: none"> <li>1. Trap Wrist</li> <li>2. Control Tanto</li> <li>3. Control Head and Turn</li> </ol>
24			<ol style="list-style-type: none"> <li>1. Trap Arm</li> <li>2. Control Tanto</li> <li>3. Roll</li> </ol>
25			<ol style="list-style-type: none"> <li>1. Follow Weapon Back</li> <li>2. Kuzushi</li> <li>3. Control Weapon</li> </ol>
	Shomen Giri-Ude Garami	Head Cut - Rear Arm Lock	



26



1. Step Off Line
2. Soto Uke
3. Ude Garami

**Shomen Giri-Ude Gatame**

**Head Cut-Arm Hold**

27



1. Block & close
2. Immobilise
3. Control weapon

**Shomen Uchi-Katana-Nage**

**Head Strike Sword Throw**

28



1. Block & close
2. Immobilise
3. Control weapon

**Tsuki Uchi-Katana-Ude Gatame**

**Punch Strike Sword Arm Hold**

29



1. Step Outside Swing
2. Follow Weapon
3. Ude Gatame

**Mawashi Giri-Ude Gatame**

**Roundhouse Cut-Arm Hold**

30



1. Block & close
2. Immobilise
3. Control weapon

**Mawashi Giri - Nage**

**Roundhouse Cut - Throw**