

# Shuri-Te Bujutsu-Kai



**Shuri-Ryu Karatedo**

**Shur-Te Ju-Jutsu**

# Shuri-Te Ju-Jutsu

## Basic Requirements List



首里手柔術

7th Kyu thru 2nd Dan

## 16 Performance Categories

1. Ukemi (art of falling)
2. Tachi (stances), Ashi-sabaki (foot work), Tai-sabaki (avoiding)
3. Uke-Waza (blocking), Redirecting/Entering, Trapping
4. Ate/Atemi-Waza (vital striking techniques), Uchi-no-Kata (forms of striking), Kyusho-Jutsu
5. Hazushi (releases)
6. Kansetsu-Waza (joint bending techniques)
7. Te-Waza (hand techniques)
8. Otoshi-Waza (takedown techniques)
9. Nage-Waza (throwing techniques)
10. Katame -Waza (kansetsu, osae komi & ne-waza) (ground Controlling techniques)
11. Shime-Waza (strangulation techniques)
12. Goshin-Jutsu-No-Kata (forms of self defense)
13. Kata-Kumite (form fighting), Problem Solving, Jiyu-Renshu (free style training), Randori (jiyu-kumite & taninju-dori) (free-fighting with one or several opponents)
14. Kaeshi-Waza (transitioning/countering techniques)
15. Kokyu Chikara (breath power), Ki-Development, Kokyu-Dosa (breathing exercise), Qigong (internal energy development for health & martial power)
16. Weapons training: Bokken (wooden sword), Jo (short staff), Knife and Gun Defenses



## **Shichikyu (7th Kyu) Yellow Belt Requirements**

### **Ukemi-Waza (Falling Techniques) (3)**

1. Rolling back & forward drill
2. Ushiro ukemi                      Back fall (in place & step back)
3. Yoko ukemi                         Side fall

### **Tachi (Stances/Postures) (5)**

1. Heisoku dachi                      Feet together/attention stance
2. Musubi dachi                      Heels together toes out/V-stance
3. Hachiji dachi (yoi)                Shoulder/ready stance
4. Kiba dachi                          Horse-riding stance
5. Zenkutsu dachi                      Front stance

### **Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (4)**

1. Ayumi-ashi                         Walking/in & out step
2. Tsugi-ashi                         Step and slide
3. Tenkai-ashi                        Body pivot 180 degree
4. Tenkan-ashi                        Outward turning pivot 45 degree

### **Uke-Waza (Blocking Techniques) (2)**

1. Nagashi uke                        Push-away block
2. Chudan ude uke                    Middle forearm block

### **Atemi-Waza (Vital Striking Techniques) (7)**

#### **Tsuki-Waza (Punching Techniques)**

1. Seiken tsuki                        Straight punch
2. Tate tsuki                         Vertical punch

#### **Te-Uchi-Waza (Hand Striking Techniques)**

1. Tetsui uchi (3)                      Hammer-fist strikes

#### **Empi-Uchi-Waza (Elbow Striking Techniques)**

1. Cross horizontal elbow
2. Rear horizontal elbow

#### **Keri-Waza (Kicking Techniques)**

1. Mae geri                              Front kick

#### **Hiza-Uchi-Waza (Knee Striking Techniques)**

1. Upward vertical knee

## Redirecting/Entering Techniques (2)

1. Slapping hand block (pak-sau) with vertical punch (tate tsuki): defense from back-hand strike, attempted grab, straight punch or push
2. Deflecting hand block (outside & inside): defense from straight or round punch

## Hazushi (Releases/Escapes) (3)

Attack	Releases
1. Straight in wrist grab	Circle over & coil down
2. Cross wrist grab	Circle over & coil down
3. Straight in wrist grab	Circle & coil under, press across

## Kansetsu-Waza (Joint Locking/Bending Techniques) (9)

### Joint Bending Locks Flow Series

- Joint lock #1
- Joint lock #2
- Joint lock #3

### Arm Bars Flow Series

- Arm bar #1
- Arm bar #2
- Arm bar #3

### Finger Locks Flow Series

- Finger lock #1
- Finger lock #2
- Finger lock #3

## Te-Waza (Hand Techniques) (3)

Attack	Defense
1. Straight in wrist grab	Te-hana (joint lock #1)
2. Cross wrist grab	Kote-gaeshi (joint lock #2)
3. Straight in wrist grab	Nikyo/Kote-mawashi (joint lock #3)

## Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (2)

1. Sumi-otoshi (irimi & tenkan)                      Corner drop
2. Kote-gaeshi (irimi & tenkan)                      Wrist outward turning drop

## Nage-no-Kata (Formal Throwing Techniques) (1)

1. O-soto-otoshi    Major outer drop

## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (4)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #1

Pinning technique #2

Pinning technique #3

Pinning technique #4

### Ne-Waza (Ground Defensive Techniques) (2)

#1 Escape/counter a two hand choke/grab from the mount into juji-gatame:

Post one leg up while applying two-hand chest compression, trap uke's arm pulling him onto his side, turn/pivot 90 degrees to the side sit back into juji-gatame

#2 Escape/counter from bottom position of the mount:

Trap uke's arm & hook leg, turnover into guard position, apply forearm choke or arm lock

### Shime/jime-Waza (Strangulation Techniques) (2)

- |                               |   |
|-------------------------------|---|
| 1. Kani-jime                  | Crab choke                                |
| 2. Hasami-jime (ushiro & mae) | Scissors choke, arm position rear & front |

### Goshin-Jutsu-No-Kata (Forms of Self Defense) (3)

#### Attack

#### Defense

- |                           |               |
|---------------------------|---------------|
| 1. Single lapel grab      | Sumi-otoshi   |
| 2. Frontal two hand choke | Kote-gaeshi   |
| 3. Behind forearm choke   | O-soto-otoshi |

## **Rokkyu (6th Kyu) Blue Belt Requirements**

### **Ukemi-Waza (Falling Techniques) (6)**

- |                        |              |
|------------------------|--------------|
| 4. Mae ukemi           | Front fall   |
| 5. Mae mawari ukemi    | Forward roll |
| 6. Ushiro mawari ukemi | Back roll    |

### **Tachi (Stances/Postures) (9)**

- |                      |                                |
|----------------------|--------------------------------|
| 6. Ha-mae kiba dachi | Half-front horse-riding stance |
| 7. Shiko dachi       | Sumo stance                    |
| 8. Reinoji dachi     | L/T-stance                     |
| 9. Kake dachi        | Hooked leg stance              |

### **Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (6)**

- |                                |                   |
|--------------------------------|-------------------|
| 5. Ushiro-yokogiru-tenkai-ashi | Cross behind turn |
| 6. Ushiro-yokogiru-ashi        | Step behind       |

### **Uke-Waza (Blocking Techniques) (4)**

- |                 |  |
|-----------------|--|
| 3. Uchi ude uke | Inside forearm block with hammer-fist strike |
| 4. Gedan barai  | Downward sweeping block                      |

### **Atemi-Waza (Vital Striking Techniques) (15)**

#### **Tsuki-Waza (Punching Techniques)**

- |              |                |
|--------------|----------------|
| 3. Ura tsuki | Uppercut punch |
| 4. Age tsuki | Rising punch   |

#### **Uchi-Waza (Striking Techniques)**

- |                           |                    |
|---------------------------|--------------------|
| 2. Teisho/Shotei uchi (3) | Palm-heel strike   |
| 3. Shuto uchi (3)         | Sword-hand strikes |

#### **Empi-Uchi-Waza (Elbow Striking Techniques)**

- |                            |  |
|----------------------------|--|
| 3. Upward vertical elbow   |  |
| 4. Downward vertical elbow |  |

#### **Keri-Waza (Kicking Techniques)**

- |                |                 |
|----------------|-----------------|
| 2. Kakato geri | Heel Stomp kick |
|----------------|-----------------|

#### **Hiza-Uchi-Waza (Knee Striking Techniques)**

- |                  |  |
|------------------|--|
| 2. Dropping knee |  |
|------------------|--|

### **Redirecting/Entering Techniques (4)**

- |   |  |
|---|--|
| 3. Inside forearm circular sweeping block (soto-ude-barai): defense from round or straight punch                |  |
| 4. Inside to outside forearm circular block into arm bar (pass the guard): defense from round or straight punch |  |

**Hazushi (Releases/Escapes) (6)**

Attack	Releases
4. Cross wrist grab	Circle & coil under, cut across
5. Straight in wrist grab	Cross horizontal elbow
6. Cross wrist grab	Upward vertical elbow with low kick

**Kansetsu-Waza (Joint Locking/Bending Techniques) (18)****Joint Bending Locks Flow Series**

Joint lock #4

Joint lock #5

Joint lock #6

**Arm Bars Flow Series**

Arm bar #4

Arm bar #5

Arm bar #6

**Finger Locks Flow Series**

Finger lock #4

Finger lock #5

Finger lock #6

**Te-Waza (Hand Techniques) (6)**

Attack	Defense
4. Cross wrist grab	Nikyo/Kote-mawashi (wrapping hand)
5. Straight in wrist grab	Ude-gatame (arm bar #1 & #2 into #5 )
6. Cross wrist grab	Kote-gaeshi into finger locks

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (4)**

- |   |                               |
|---|-------------------------------|
| 3. Ikkyo/Ude-osae-otoshi (irimi, tenkan & yoko) | Arm bar takedown              |
| 4. Nikyo/Kote-mawashi-otoshi (omote & ura)      | Wrist inward turning takedown |

**Nage-No-Kata (Formal Throwing Techniques) (2)**

- |                |                           |
|----------------|---------------------------|
| 2. O-soto-gari | Major outer reaping throw |
|----------------|---------------------------|

## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (11)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #5

Pinning technique #6

Pinning technique #7

Pinning technique #8

#### Leg Locking Series

Leg lock #1

Leg lock #2

Leg lock #3

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (3)

Hold down #1

Hold down #2

Hold down #3

## Ne-Waza (Ground Defensive Techniques) (4)

#3 Escape/counter from the guard position (pass the guard):

Sit back sink elbows inside of leg at (SP-10), pass the guard using brush block, swing uke's leg over move into kesa-gatame-kubi-jime

#4 Transition from one knee-on-chest mount into juji-gatame:

Press your knee into uke's chest, as uke tries to push your knee off hook/trap around his arm pulling uke onto his side with a straight arm bar, step around uke's head & turn/pivot around arm 180% sit back into juji-gatame

## Shime-Waza (Strangulation Techniques) (4)

3. Ushiro-jime Rear forearm choke

4. Morote-ushiro-jime Two hand rear forearm choke (figure-4)

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (6)

### Attack

### Defense

4. Single lapel grab

Nikyo into Ude-osae-otoshi

5. Double lapel grab

O-soto-gari

6. Frontal two hand choke

O-soto-gari

## Problem Solving

## Kata-Kumite (Form Fighting)

## **Gokyu (5th Kyu) Green Belt Requirements**

### Ukemi-Waza (Falling Techniques) (8)

- |                      |                                    |
|----------------------|------------------------------------|
| 7. Yoko mawari ukemi | Side turnover roll                 |
| 8. Mae chugaeri      | Forward aerial rollover break fall |

### Tachi (Stances/Postures) (12)

- |                     |                       |
|---------------------|-----------------------|
| 10. Neko ashi dachi | Cat leg stance        |
| 11. Mitsurin dachi  | Jungle/leopard stance |
| 12. Kokutsu dachi   | Back stance           |

### Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (8)

- |                      |                  |
|----------------------|------------------|
| 7. Mae-yokogiru-ashi | Step in front    |
| 8. Kake-ashi         | Arcing/hook step |

### Uke-Waza (Blocking Techniques) (6)

- |                 |                  |
|-----------------|------------------|
| 5. Haishu barai | Backhand block   |
| 6. Mawashi uke  | Roundhouse block |

### Atemi-Waza (Vital Striking Techniques) (23)

#### Tsuki-Waza (Punching Techniques)

- |                  |             |
|------------------|-------------|
| 5. Mawashi tsuki | Round punch |
| 6. Kage tsuki    | Hook punch  |

#### Uchi-Waza (Striking Techniques)

- |                   |                   |
|-------------------|-------------------|
| 4. Riken uchi (4) | Back fist strikes |
| 5. Ude uchi (2)   | Forearm strikes   |

#### Empi-Uchi-Waza (Elbow Striking Techniques)

- |                              |
|------------------------------|
| 5. Sideward horizontal elbow |
| 6. Downward diagonal elbow   |

#### Keri-Waza (Kicking Techniques)

- |                |           |
|----------------|-----------|
| 3. Ushiro geri | Back kick |
|----------------|-----------|

#### Hiza-Uchi-Waza (Knee Striking Techniques)

- |                   |
|-------------------|
| 3. Thrusting knee |
|-------------------|

### Uchi-No-Kata (Forms of Striking) (1)

#1 Double knife-hand block to inside arm at (Lu-5 & Lu-7), knife-hand strike to side of neck at (Si-16), raising elbow strike under chin, wrist/palm strike under nose at (Cv-24 & Gv-27), pull head down knee kick to face at (St-2 & St-3), turn uke 360°, forearm strike to shoulder at (Gb-21 or St-12) throwing uke to the floor

## Redirecting/Entering Techniques (7)

5. Covering & hooking hand block (soto-ude-uke) inside and outside: defense from straight or round punch
6. Roundhouse block (Mawashi uke): defense against straight punch or against round punch
7. Inside cross & dividing your hands/arms entry: defense against double hands-up boxer position (preemptive entry), double straight punch or double round punch

## Hazushi (Releases/Escapes) (9)

Attack	Releases
7. Behind two hand choke	Rear arcing elbow with hammer-fist strike to chin (ST-5)
8. Behind bear hug	Stomp on foot, sink chest with rounded arms, slip out
9. Behind bear hug with body lift	Hook foot outside behind attackers knee, pull down, repeat above

## Kansetsu-Waza (Joint Locking/Bending Techniques) (27)

### Joint Bending Locks Flow Series

Joint lock #7

Joint lock #8

Joint lock #9

### Arm Bars Flow Series

Arm bar #7

Arm bar #8

Arm bar #9

### Finger Locks Flow Series

Finger lock #7

Finger lock #8

Finger lock #9

## Te-Waza (Hand Techniques) (9)

Attack	Defense
7. Straight in wrist grab	Nikyo/Kote-mawashi (joint lock #6) front kick into arm bar #7
8. Cross wrist grab	Kote-mawashi into Waki-gatame (arm bar # 8)
9. Sideways wrist grab	Nikyo/Kote-mawashi (wrapping hand using the elbow)

## Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (6)

5. Ushiro-maki-otoshi Rear winding drop
6. Sankyo/Kote-hineri (omote & ura) Wrist twisting takedown

## Nage-No-Kata (Formal Throwing Techniques) (4)

3. O-goshi Major hip throw
4. Soto-ude-mochi-ashi-nage (te & ashi) Outer over the arm & hooking the leg overturning throw

## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (18)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #9

Pinning technique #10

Pinning technique #11

Pinning technique #12

#### Leg Locking Series

Leg lock #4

Leg lock #5

Leg lock #6

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (6)

Hold down #4

Hold down #5

Hold down #6

## Ne-Waza (Ground Defensive Techniques) (7)

#5 Transition from side mount into juji-gatame:

Pass uke's outside arm to your inside & trapping it, post your outside leg up pulling uke onto his side with a straight arm bar, step around uke's head turn/pivot around arm 180% sit back into juji-gatame

#6 Escape/counter from attempting juji-gatame:

Pull your elbow in while tuning into uke, clear leg off your head, pull your arm out while you pass uke's other leg, shift in apply neck lock or juji-gatame

#7 Escape/counter from Juji-gatame:

Same escape as technique #3, into (ashi-gatame) leg lock

## Shime-Waza (Strangulation Techniques) (6)

5. Ushiro-te-eri-jime-ude-gatame                      Forearm lapel choke with arm pin

6. Ushiro-te-kubi-jime-ude-gatame                      Forearm choke with arm pin

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (9)

### Attack

### Defense

7. Behind two hand choke (pulling)

Ushiro-maki-otoshi

8. Behind two hand choke (pushing)

Ude-osae-otoshi

9. Behind bear hug

Kote-hineri-otoshi

10. Behind bear hug with body lift

Soto-ude-mochi-ashi-nage

## Problem Solving

## Kata-Kumite (Form Fighting)

## **Yonkyu (4th Kyu) Purple Belt Requirements**

### Ukemi-Waza (Falling Techniques) (8)

\* All prior belt level techniques

### Tachi (Stances/Postures) (14)

- |                   |                |
|-------------------|----------------|
| 13. <i>Bai bu</i> | Toe out stance |
| 14. <i>Kou bu</i> | Toe in stance  |

### Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (10)

- |                              |                                   |
|------------------------------|-----------------------------------|
| 9. Tai-no-tenkan             | Outward body turning 180 degree   |
| 10. Ayumi-ashi/Tai-no-tenkan | Step forward to outward body turn |

### Uke-Waza (Blocking Techniques) (8)

- |                  |                                       |
|------------------|---------------------------------------|
| 7. Jodan age uke | High rising block                     |
| 8. Juji uke      | Cross arm block with back-fist strike |

### Atemi-Waza (Vital Striking Techniques) (31)

#### Tsuki-Waza (Punching Techniques)

- |                 |  |
|-----------------|--|
| 7. Kizami tsuki | Forward jab punch                      |
| 8. Ippon-ken    | Index finger knuckle/Phoenix eye punch |

#### Uchi-Waza (Striking Techniques)

- |                   |                        |
|-------------------|------------------------|
| 6. Toho uchi      | Web of the hand strike |
| 7. Haito uchi (3) | Ridge hand strike      |

#### Empi-Uchi-Waza (Elbow Striking Techniques)

- |                           |
|---------------------------|
| 7. Rear arcing elbow      |
| 8. Forward crashing elbow |

#### Keri/geri-Waza (Kicking Techniques)

- |              |           |
|--------------|-----------|
| 4. Yoko geri | Side kick |
|--------------|-----------|

#### Hiza-Uchi-Waza (Knee Striking Techniques)

- |                   |
|-------------------|
| 4. Springing knee |
|-------------------|

### Uchi-No-Kata (Forms of Striking) (2)

#2 Step in off line brush block, finger jab to eyes, trap arm elbow strike to (Th-11) hyper-extend elbow, knife-hand strike to (Gv-26), forearm strike to neck at (Li-18), throw uke down, knee drop to head at (Th-23 or Gb-3)

### Redirecting/Entering Techniques (9)

- |  |
|--|
| 8. High/low Dividing hands entry (chudan & gedan barai), circular back-fist strike, pass the arm & trap: defense from two-hand push or attempted grab  |
| 9. Rising cross arm block (juji uke) into back-fist strike (inside, grab hand with back-fist to nose) (outside, hook hand into arm bar): defense from round punch or straight punch or overhead strike |

**Hazushi (Releases/Escapes) (12)**

Attack	Releases
10. Behind straight in shoulder grab	Step back diagonally and pivot with rear arcing elbow
11. Behind cross shoulder grab	Step back diagonally and pivot with rear arcing elbow
12. Straight in underside wrist grab	Coil hand under, cut down with diagonal elbow into vertical punch

**Kansetsu-Waza (Joint Locking/Bending Techniques) (36)****Joint Bending Locks Flow Series**

Joint lock #10

Joint lock #11

Joint lock #12

**Arm Bars Flow Series**

Arm bar #10

Arm bar #11

Arm bar #12

**Finger Locks Flow Series**

Finger lock #10

Finger lock #11

Finger lock #12

**Te-Waza (Hand Techniques) (12)**

Attack	Defense
10. Behind straight in shoulder grab	Kote-mawashi into arm bar #7 & Figure-4 joint lock
11. Behind cross shoulder grab	Soto-ude-garami (joint lock #10 & #11)
12. Straight in underside wrist grab	Kote-mawashi (joint lock #5) into four-finger lock & arm bar

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (8)**

7. Tekubi-ude-garami-otoshi	Figure-4 takedown
8. Waki-gatame-otoshi	Straight arm bar under the armpit drop

**Nage-No-Kata (Formal Throwing Techniques) (5)**

5. Uki-goshi	Floating hip throw
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## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (25)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #13

Pinning technique #14

Pinning technique #15

Pinning technique #16

#### Leg Locking Series

Leg lock #7

Leg lock #8

Leg lock #9

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (9)

Hold down #7

Hold down #8

Hold down #9

## Ne-Waza (Ground Defensive Techniques) (10)

#8 Counter from bottom position of a side standing mount with uke attempting to punch:  
(Ashi-dori-ashi-otoshi) leg pressing drop using your leg/foot from the ground

#9 Counter from bottom position of a standing mount with uke attempting to punch  
(Ryo-Ashi-dori-ashi-otoshi-gatame) both legs pressing drop using your shins from the ground

#10 Escape/counter from bottom position of a standing or kneeling open guard with uke attempting to punch:  
Place feet into uke's lower abdomen/upper legs, arc up & hook your leg around neck applying arm bar, turnover takedown into juji-gatame

## Shime-Waza (Strangulation Techniques) (9)

- |                      |                      |
|----------------------|----------------------|
| 7. Kesa-jime         | Diagonal choke       |
| 8. Seiken-osae-jime  | Fist pressing choke  |
| 9. Oyayubi-osae-jime | Thumb pressing choke |

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (13)

### Attack

### Defense

- |                             |                                       |
|-----------------------------|---------------------------------------|
| 11. Frontal bear hug        | Uki-goshi                             |
| 12. Full nelson (Attempted) | Finger lock takedown                  |
| 13. Full nelson (Attempted) | Wrist lock takedown (joint lock # 20) |

## Problem Solving & Kata-Kumite (Form Fighting)

### Rendori

Jiyu-kumite-katame (free-fighting from ground grappling)

Taninju-dori (free-fighting several opponents) two-on-one six attacks total

## **Sankyu (3rd Kyu) Brown Belt Requirements**

### Ukemi-Waza (Falling Techniques) (8)

\* All prior belt level techniques

### Tachi (Stances/Postures) (15)

15. *Fu bu* Tiger crouching posture/stance

### Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (12)

11. *Kou-bu & Bai-bu* Toe in & toe out step

12. *Tobu-ashi* Jumping step

### Uke-Waza (Blocking Techniques) (10)

9. *Morote soto ude uke* Both hands outside forearm block

10. *Kake uke* Hooking hand block

### Atemi-Waza (Vital Striking Techniques) (35)

#### Tsuki-Waza (Punching Techniques)

\* All prior belt level techniques

#### Te-Uchi-Waza (Hand Striking Techniques)

8. *Muchiutsu-uchi* Whipping hand strike

9. *Tekubi uchi* Outside wrist strike

#### Empi-Uchi-Waza (Elbow Striking Techniques)

\* All prior belt level techniques

#### Keri-Waza (Kicking Techniques)

5. *Mawashi geri* Round kick

#### Hiza-Uchi-Waza (Knee Striking Techniques)

5. Roundhouse knee

### Uchi-No-Kata (Forms of Striking) (3)

#3 Double knife-hand block to (Lu-5 & Lu-6), pass the arm & trap, pull back (te-uke cover), hyper-extend elbow, back of hand strike to groin, back of thumb strike to inside of arm at (Ht-2 or Ht-3), elbow strike to back of arm at (Th-11), smear the face with your palm at (Gv-26), forearm strike at (Li-18), track around head, arch the back, tiger claw to eyes at (Bl-1), drop weight throw uke down

### Redirecting/Entering Techniques (11)

10. Outside body turning (tai-no-tenkan) wrapping the arm into (te-uke cover), hyper-extend elbow: defense from straight punch or push

11. Upward arm/elbow block entry (elbow #3) (outside & inside): defense from straight or round punch

**Hazushi (Releases/Escapes) (15)**

Attack	Release
13. Straight in underside wrist grab	Circle up & coil over, cut down & press arm across
14. Cross underside wrist grab	Circle down & coil under, scoop hand upward
15. Cross underside wrist grab	Circle up & coil over, cut downward

**Kansetsu-Waza (Joint Locking/Bending Techniques) (45)****Joint Bending Locks Flow Series**

Joint lock #13

Joint lock #14

Joint lock #15

**Arm Bars Flow Series**

Arm bar #13

Arm bar #14

Arm bar #15

**Finger Locks Flow Series**

Finger lock #13

Finger lock #14

Finger lock #15

**Te-Waza (Hand Techniques) (15)**

Attack	Defense
13. Straight in underside wrist grab	Ude-gatame arm bar #1 into ude-osae arm bar #7 & arm bar #13
14. Cross underside wrist grab	Kote-gaeshi into ude-garami (joint lock #8 & #9)
15. Cross underside wrist grab	Sankyo/Kote-hineri (joint lock #13) into joint lock #14 and/or 15

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (11)**

9. Maki-otoshi	Winding/wrapping drop
10. Irimi-nage (irimi & tenkan)	Outside entering throw
11. Sokutai-irimi-otoshi	Side body entering drop

**Nage-No-Kata (Formal Throwing Techniques) (7)**

6. Kubi-ma-sutemi-nage (Hikkomi)	Neck lock sacrifice throw
7. Ashi-barai (uchi & soto)	Leg sweeps

## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (32)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #17

Pinning technique #18

Pinning technique #19

Pinning technique #20

#### Leg Locking Series

Leg lock #10

Leg lock #11

Leg lock #12

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (12)

Hold down #10

Hold down #11

Hold down #12

## Ne-Waza (Ground Defensive Techniques) (13)

#11 Escape/counter from bottom position of a kneeling guard with uke attempting to punch, grab or choke:  
Double leg choke, arm bar into face down drop with choke and arm lock

#12 Escape/counter from bottom position of a standing mount/guard with uke attempting to choke:  
Place feet into uke's lower abdomen/upper legs, Yoko tomoe nage into juji-gatame

#13 Escape/counter from bottom position of the guard:  
Shrimp-out, kick uke's leg out, swing leg over arm into yoko-juji-gatame

## Shime-Waza (Strangulation Techniques) (12)

- |                        |                        |
|------------------------|------------------------|
| 10. Eri-jime           | Single lapel choke     |
| 11. Ude-okuri-eri-jime | Forearm lapel choke    |
| 12. Ude-jime           | Forearm pressing choke |

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (16)

### Attack

### Defense

- |                       |                                  |
|-----------------------|----------------------------------|
| 14. Side head lock    | Sokumen-irimi-otoshi (variation) |
| 15. Frontal head lock | Kubi-ma-sutemi-nage (Hikkomi)    |
| 16. Straight in push  | Maki-otoshi                      |

## Problem Solving & Kata-Kumite (Form Fighting)

### Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) two-on-one eight attacks total

## **Nikyu (2nd kyu) Brown Belt Requirements**

### Ukemi-Waza (Falling Techniques) (8)

\* All prior belt level techniques

### Tachi (Stances/Postures) (16)

16. *Lung bu* Dragon posture/stance

### Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (14)

13. Tsugi-ashi/Tenkai-ashi Step slide pivot 180 degree

14. Kaiten-ashi Step forward pivot 180 degree (circle in)

### Uke-Waza (Blocking Techniques) (12)

11. Shoto uke Knife-hand block

12. Morote shoto uke Both hands knife-hand block

### Atemi-Waza (Vital Striking Techniques) (39)

#### Tsuki-Waza (Punching Techniques)

\* All prior belt level techniques

#### Te-Uchi-Waza (Hand Striking Techniques)

10. Heiken uchi (2) Leopard fist strike

11. Keito uchi (2) Back of thumb strike

#### Empi-Uchi-Waza (Elbow Striking Techniques)

\* All prior belt level techniques

#### Keri-Waza (Kicking Techniques)

6. Teisoku geri Sole of the foot kick

#### Hiza-Uchi-Waza (Knee Striking Techniques)

6. Downward arcing knee

### Uchi-No-Kata (Forms of Striking) (4)

#4 Inside split entry finger jab to eyes (St-1), back hand strike to neck (Si-16), elbow strike under chin, palm strike to jaw (St-5), turn head move behind uke, double palm slap ears, ridge hand under nose (Gv-26) web hand strike back of neck (Gv-15), kick to back of knee (Ki-10 or BI-40), knee drop to head

### Redirecting/Entering Techniques (13)

12. Outside split entry: defense from straight punch, push or back-fist strike

13. Inside split entry: defense from straight or round punch and push

**Hazushi (releases) (17)**

Attack	Release
16. Straight in upper arm grab	Circle out/over placing your elbow on top & cut down, shoto to throat
17. Cross upper arm grab	Circle out & under, coil arm up & over, cut across

**Kansetsu-Waza (Joint Locking/Bending Techniques) (54)****Joint Bending Locks Flow Series**

Joint lock #16

Joint lock #17

Joint lock #18

**Arm Bars Flow Series**

Arm bar #16

Arm bar #17

Arm bar #18

**Finger Locks Flow Series**

Finger lock #16

Finger lock #17

Finger lock #18

**Te-Waza (Hand Techniques) (18)**

Attack	Defense
16. Straight in underside wrist grab	Kote-mawashi with elbow into finger lock into joint lock #15/16
17. Straight underside wrist grab with punch	Kote-mawashi using the elbow trapping both hands, back-fist
18. Straight in upper arm grab	Kote-mawashi into lifting finger lock into shoulder lock

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (13)**

12. Tenchi-nage	Heaven & earth throw
13. Ushiro-jime-otoshi (kubi & ude-gatame)	Rear choke takedown (neck & with arm pin)

**Nage-No-Kata (Formal Throwing Techniques) (9)**

8. Ko-soto-gari	Minor outer reaping
9. O-uchi-gari	Major inner reaping

**Katame-Waza (Ground Controlling Techniques)****Kansetsu-Waza (Immobilization with Joint Bending Techniques) (37)****Arm & Shoulder Lock Pinning Series**

Pinning technique #21

Pinning technique #22

### Leg Locking Series

- Leg lock #13
- Leg lock #14
- Leg lock #15

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (15)

- Hold down #13
- Hold down #14
- Hold down #15

### Ne-Waza (Ground Defensive Techniques) (16)

#14 Escape/counter from bottom position of the guard, uke attempting to two-hand choke or grab:  
Divide uke's arms, shrimp inward, wrap around back of arm & apply (gyaku-ude-garami-gatame) reverse bent arm bar shoulder lock

#15 Escape/counter two-hand choke from bottom position of the guard:  
Heel kick to kidney or lower ribs, trap arms & swing legs up over uke's shoulders, squeeze legs inward while pressing both arms outward applying arm bar

#16 Escape/counter from bottom position of the guard or attempted triangle choke when uke stands-up:  
Lock your legs around uke's body as he tries to stand-up, pull down on uke's arm while turning your hips out to the side, arc up & hook your leg around neck applying arm bar, turnover takedown into juji-gatame

### Shime-Waza (Strangulation Techniques) (15)

- |                     |   |
|---------------------|---|
| 13. Nami-juji-jime  | Standard cross lapel choke (fingers inside) |
| 14. Kata-juji-jime  | Half cross lapel choke                      |
| 15. Gyaku-juji-jime | Reverse cross lapel choke (thumbs inside)   |

### Goshin-Jutsu-No-Kata (Forms of Self Defense) (19)

#### Attack

#### Defense

- |                           |                    |
|---------------------------|--------------------|
| 17. Cross body push       | Waki-gatame-otoshi |
| 18. Frontal two hand push | Tenchi-nage        |
| 19. Straight punch        | Ushiro-jime-otoshi |

### Problem Solving

### Kata-Kumite (Form Fighting)

### Rendori

- Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)
- Taninju-dori (free-fighting several opponents) two-on-one eight attacks total

## **Ikkyu (1st kyu) Brown Belt Requirements**

### **Ukemi-Waza (Falling Techniques) (8)**

\* All prior belt level techniques

### **Tachi (Stances/Postures) (16)**

\* All prior belt level techniques

### **Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)**

- |                             |                          |
|-----------------------------|--------------------------|
| 15. Ushiro-ashi/Tenkai-ashi | Step behind body pivot   |
| 16. Mae-ashi/Tenkai-ashi    | Step in front body pivot |

### **Uke-Waza (Blocking Techniques) (14)**

- |                   |                        |
|-------------------|------------------------|
| 13. Hiza/ashi uke | Knee/leg block         |
| 14. Teisoku uke   | Sole of the foot block |

### **Atemi-Waza (Vital Striking Techniques) (43)**

#### **Tsuki-Waza (Punching Techniques)**

\* All prior belt level techniques

#### **Te-Uchi-Waza (Hand Striking Techniques)**

- |                        |                        |
|------------------------|------------------------|
| 12. Oyayubi uchi       | Thumb thrusting strike |
| 13. Yonhon-nukite uchi | Four finger strike     |

#### **Empi-Uchi-Waza (Elbow Striking Techniques)**

\* All prior belt level techniques

#### **Keri-Waza (Kicking Techniques)**

- |                  |                              |
|------------------|------------------------------|
| 7. Mukozune-geri | Shin kick (inside & outside) |
|------------------|------------------------------|

#### **Hiza-Uchi-Waza (Knee Striking Techniques)**

- |                                  |
|----------------------------------|
| 7. Cross knee (inside & outside) |
|----------------------------------|

### **Uchi-No-Kata (Forms of Striking) (5)**

#5 Double knife-hand block to (Lu-6 & Lu-5), back hand block (Lu-5) with ridge-hand strike to (Si-16) & (Gb-20), palm-heel strike to chin, knife-hand strike to throat (Cv-23), palm slap to groin (Cv-2), elbow strike to solar plexus (Cv-14) raising elbow strike to chin grab back of shoulder & between legs (inside thigh), lift uke up, drop uke violently

### **Redirecting/Entering Techniques (15)**

- |   |
|---|
| 14. Brush block entry with front kick or knee strike (outside & inside): defense from straight or round punch & back-fist   |
| 15. Deflecting hand block into hooking hand (kake uke) with low sole of the foot kick (teisoku geri) (inside & outside): defense from straight punch, round punch or round kick |

**Hazushi (releases) (19)**

Attack	Release
18. Behind both wrist grab	Coil hands up & flip elbows upward, slip out to the side, cut down
19. Behind both wrist grab	Coil one hand up & one down, step forward diagonally & pivot

**Kansetsu-Waza (Joint Locking/Bending Techniques) (63)****Joint Bending Locks Flow Series**

Joint lock #19

Joint lock #20

Joint lock #21

**Arm Bars Flow Series**

Finger lock #19

Finger lock #20

Finger lock #21

**Finger Locks Flow Series**

Arm bar #19

Arm bar #20

Arm bar #21

**Te-Waza (Hand Techniques) (21)**

Attack	Defense
19. Cross upper arm grab	Ikkyo/Ude-Osae (arm bar #7) into arm bar #5
20. Behind both wrists grab	Sankyo/Kote-hineri (joint lock #13) into joint lock #17 & 19
21. Behind both wrists grab	Ude-gatame into kote-gaeshi

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (15)**

14. Ude-Otoshi (mae &amp; ushiro)

Arm dragging drop

15. Kaiten-nage (3-directions)

Rotary/turning throw

**Nage-No-Kata (Formal Throwing Techniques) (11)**

10. Ko-uchi-gari (tachi &amp; sutemi)

Minor inner reaping (standing &amp; sacrifice)

11. Jigotai-otoshi

Over the thigh body drop

**Katame-Waza (Ground Controlling Techniques)****Kansetsu-Waza (Immobilization with Joint Bending Techniques) (42)****Arm & Shoulder Lock Pinning Series**

Pinning technique #23

Pinning technique #24

**Leg Locking Series**

Leg lock #16

Leg lock #17

Leg lock #18

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (18)

Hold down #16

Hold down #17

Hold down #18

### Ne-Waza (Ground Defensive Techniques) (19)

#17 Escape/counter from bottom position of the guard with uke pressing forward attempting choke or punch: Block/pass uke's arm across to the side while hooking the head with your other hand, pull uke head down into frontal figure-4 choke/neck control

#18 Escape/counter from bottom position of the guard with uke kneeling (one knee up):

Sweep turnover into mount position with cross lapel choke

#19 Escape/counter from the guard position (shoot-up the center):

Sink/press your knee inside of uke's upper leg, jump/shoot-up uke's centerline with elbow strike to head, apply arm lock

### Shime-Waza (Strangulation Techniques) (17)

16. Ryote-keito-jime

Both hands back of thumb choke

17. Tomoe-jime

Circular choke/strangle

### Goshin-Jutsu-No-Kata (Forms of Self Defense) (22)

Attack

Defense

20. Round punch

Jigotai-otoshi

21. Back fist strike

Irimi-nage

22. Clinch/tight up

Kaiten-nage

### Problem Solving

#### Kata-Kumite (Form Fighting)

#### Rendori

Jiyu-kumite-tach & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) three-on-one twelve attacks total

## **Shodan (1st Dan) Black Belt Requirements**

### Ukemi-Waza (Falling Techniques) (8)

\* All prior belt level techniques

### Tachi (Stances/Postures) (16)

\* All prior belt level techniques

### Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

\* All prior belt level techniques

### Uke-Waza (Blocking Techniques) (16)

- |                                 |                     |
|---------------------------------|---------------------|
| 15. Tsuranuku-uke               | Piercing-hand block |
| 16. Maku-uke (inside & outside) | Coiling-hand block  |

### Atemi-Waza (Vital Striking Techniques) (47)

#### Tsuki-Waza (Punching Techniques)

\* All prior belt level techniques

#### Te-Uchi-Waza (Hand Striking Techniques)

- |                  |                        |
|------------------|------------------------|
| 14. Tara-te uchi | Tiger-Hand/claw strike |
| 15. Tsuzuki uchi | Forehead strike        |

#### Empi-Uchi-Waza (Elbow Striking Techniques)

\* All prior belt level techniques

#### Keri-Waza (Kicking Techniques)

- |                        |                          |
|------------------------|--------------------------|
| 8. Ushiro mawashi geri | Spinning back round kick |
|------------------------|--------------------------|

#### Hiza-Uchi-Waza (Knee Striking Techniques)

- |                                    |
|------------------------------------|
| 8. Bumping knee (inward & outward) |
|------------------------------------|

### Uchi-No-Kata (Forms of Striking) (6)

#6

### Redirecting/Entering Techniques (19)

16. Crossing hands entry: defense from two-hand push, attempted two-hand lapel grab or two-hand on-guard
17. Sweeping across block (soto barai) (outside & inside): defense from front or side kick & straight low punch
18. Forward angular downward brush block (gedan-uke) (outside & inside): defense from front, side or round kick & straight low punch

**Hazushi (releases) (22)**

Attack	Release
20. Both wrist grab	Cross horizontal elbow & grab wrist
21. Both wrist grab	Circle & coil over top of both hands, press/cut down
22. Both wrist grab	Raising both hands upward, circle over & coil down, grab wrist & kick

**Kansetsu-Waza (Joint Locking/Bending Techniques) (72)****Joint Bending Locks Flow Series**

Joint lock #22

Joint lock #23

Joint lock #24

**Arm Bars Flow Series**

Arm bar #22

Arm bar #23

Arm bar #24

**Finger Locks Flow Series**

Finger lock #22

Finger lock #23

Finger lock #24

**Te-Waza (Hand Techniques) (24)**

Attack	Defense
22. Both wrists grab	Yoko-age-ude-garami (arm bar #20) into arm bar #21
23. Both wrist grab	Shiho-nage
24. Both wrist grab	Ude-Osae (arm bar #24) into mororte-tekubi-osae-gatame joint lock #23

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (18)**

16. Shiho-nage (omote & ura)	Four-corner throw
17. Ude-garami-kanuki-gatame-otoshi	Wrapping (figure-4) arm bar lock takedown
18. Kiri-otoshi	Rear cutting down drop

**Nage-No-Kata (Formal Throwing Techniques) (16)**

12. O-soto-guruma	Major outer wheel throw
-------------------	-------------------------

## Katame-Waza (Ground Controlling Techniques)

### Kansetsu-Waza (Immobilization with Joint Bending Techniques) (49)

#### Arm & Shoulder Lock Pinning Series

Pinning technique #25

Pinning technique #26

Pinning technique #27

Pinning technique #28

#### Leg Locking Series

Leg lock #19

Leg lock #20

Leg lock #21

### Oase-Komi-Waza (Immobilization/Holding Down Techniques) (22)

Hold down #19

Hold down #20

Hold down #21

Hold down #22

## Ne-Waza (Ground Defensive Techniques) (22)

# 20 Escape/counter from the half-guard position (one leg trapped) into top-mount:

Apply forearm choke, while punching with your other hand to the lower abdomen, press uke's knee out creating space for you to pull your leg out, throw your leg over uke into a mount position, hook/vine your legs around uke's legs while applying choke

#21 Escape/counter from bottom position of kesa-gatame with attempted headlock:

Frame your arm into a forearm pressing choke push uke's head back, Shrimp-hip out the back & free your head, climb onto uke's back & apply rear choke

#22 Escape/counter from bottom position of kesa-gatame with head lock:

Apply (do-ude-jime) arm squeezing body strangle, arc-up rolling uke over into half side mount, apply forearm choke, pop-up & pivot 90% swing leg over head sit back into juji-gatame

## Shime-Waza (Strangulation Techniques) (19)

18. Morote-jime Two hand choke (thumbs into jugular notch)

19. Gyaku-hadaka-jime-ashi-gatame Reverse naked choke (figure-4) with both legs hook/vine lock

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (25)

### Attack

### Defense

23. Body tackle (upper legs)

Kaiten-nage

24. Behind straight in shoulder grab

Ude-osae-otoshi, swing leg over arm body drop, juji-gatame

25. Behind cross shoulder grab

Ude-garami-kanuki-gatame-otoshi

## Problem Solving, Kata-Kumite & Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) three-on-one twelve attacks total



## Hazushi (releases) (30)

Attack	Release
23. Both hands on one wrist grab	Clasp hands cross horizontal elbow into vertical cut
24. Both hands on one wrist grab	Circle & coil over, cut across & down with both hands
25. Both hands on one wrist grab	Circle & coil under, cut across & down with both hands
26. Both straight in upper arm grab	Circle arms out & over, drop elbows down with front kick
27. Behind straight in wrist grab	Step back diagonally and pivot with rear arcing elbow & cut down
28. Behind Cross wrist grab	Step back diagonally and pivot with rear arcing elbow & coil over
29. Single straight arm throat grab	Drop chin, pivot body in with downward elbow, hummer-fist strike
30. Behind forearm choke	Correct posture step back pivot, turn out haishu barai

## Kansetsu-Waza (Joint Locking/Bending Techniques) (90)

## Joint Bending Locks Flow Series

Joint lock #25  
 Joint lock #26  
 Joint lock #27  
 Joint lock #28  
 Joint lock #29  
 Joint lock #30

## Arm Bars Flow Series

Arm bar #25  
 Arm bar #26  
 Arm bar #27  
 Arm bar #28  
 Arm bar #29  
 Arm bar #30

## Finger Locks Flow Series

Finger lock #25  
 Finger lock #26  
 Finger lock #27  
 Finger lock #28  
 Finger lock #29  
 Finger lock #30

**Te-Waza (Hand Techniques) (32)**

Attack	Defense
25. Both hands on one wrist grab	Kote-mawashi (wrapping hand)
26. Both hands on one wrist grab	Kote-mawashi (wrapping hand)
27. Both straight in upper arm grab	Double Kote-mawashi with thrusting knee & front kick
28. Behind straight in wrist grab	Ude-Osae (bent arm bar #24) into Figure-4 joint lock #25
29. Behind cross wrist grab	Kote gaeshi or Te-hana
30. Single straight arm throat grab	Joint lock #8 into Joint lock #9 with kick to back of knee
31. Straight in wrist grab	Pinky finger locks
32. Cross wrist grab	Ude-Osae into tekubi-osae-gatame with neck lock

**Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (23)**

19. Ashi-dori-otoshi	Leg pressing drop using your arms
20. Ashi-dori-ashi-otoshi-tachi (inside & outside)	Leg pressing drop using your leg from standing
21. Ashi-dori-ashi-otoshi-gatame	Leg pressing drop using your leg from the ground
22. Tsuru-ashi-otoshi (irimi & tenkan)	Lifting leg drop
23. Ashi-osae-otoshi (standing & kneeling)	Slapping & hooking leg pressing drop

**Nage-No-Kata (Formal Throwing Techniques) (16)**

13. Seoi-nage	Shoulder throw
14. Koshi-nage	Across the hip throw
15. Tai-otoshi	Body drop
16. Soto-koshi-guruma	Outside hip wheel throw

**Katame-Waza (Ground Controlling Techniques)****Kansetsu-Waza (Immobilization with Joint Bending Techniques) (56)****Arm & Shoulder Lock Pinning Series**

Pinning technique #29  
Pinning technique #30  
Pinning technique #31  
Pinning technique #32

**Leg Locking Series**

Leg lock #22  
Leg lock #23  
Leg lock #24

**Oase-Komi-Waza (Immobilization/Holding Down Techniques) (26)**

Hold down #23  
Hold down #24  
Hold down #25  
Hold down #26

## Ne-Waza (Ground Defensive Techniques) (25)

#23 Escape/counter from bottom position of kesa-gatame:

Shrimp-out, press uke's head back, swing your leg over his head, and apply yoko-san-kaku-jime

#24 Counter from top position of kesa-gatame (counter for above technique):

As uke attempts to push your head back, swing/shift your body out sliding your leg over uke's head, and apply yoko-san-kaku-jime

#25 Escape/counter from bottom position of the mount with both wrists grabbed:

Escape using nikyo wristlock with horizontal elbow into (ude-garami-gatame) bent arm bar shoulder lock

## Shime-Waza (Strangulation Techniques) (23)

- |                        |  |
|------------------------|--|
| 20. Ashi-jime          | Pulling the neck across the leg/shin choke |
| 21. Ashi-gatame-jime   | Leg pinning across the neck choke          |
| 22. Hiza-jime          | Knee into neck choke                       |
| 23. Yoko-san-kaku-jime | Sideways Triangular choke                  |

## Goshin-Jutsu-No-Kata (Forms of Self Defense) (33)

### Attack

### Defense

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 26. Front kick                       | Ashi-dori-ashi-otoshi-tachi          |
| 27. Front Kick                       | Tsuri-ashi-otoshi                    |
| 28. Round kick                       | Kick to kicking leg into kiri-otoshi |
| 29. Round Kick                       | Leg trap, turn-over                  |
| 30. Side kick (middle line)          | O-soto-otoshi with neck press        |
| 31. Spinning back kick (middle line) | Ashi-barai                           |
| 32. Frontal hair grab                | Key lock Ude-Otoshi                  |
| 33. Behind hair grab                 | Shiho-nage                           |

## Problem Solving

### Kata-Kumite (Form Fighting)

### Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total