

### Go-Kyo-No-Waza

(40 Throwing Techniques)

(1st Kyo – 2nd Kyo)

Techniques will be executed according to the 3 elements: Kuzushi, Tsukuri, Kake,

1st Kyo				4th Kyo			
P	F	I		P	F	I	
			De-Ashi-Barai				Sumi Gaeshi
			Hiza-Guruma				Tani Otoshi
			Sasae Tsuru Komi Ashi				Hane Maki Komi
			Uki Goshi				Sukui Nage
			O Soto Gari				Utsuri Goshi
			O Goshi				O Guruma
			O Uchi Gari				Soto Maki Komi
			Seoi-nage:Ippon/Morote				Uki Otoshi
2nd Kyo				5th Kyo			
P	F	I		P	F	I	
			Ko Soto Gari				O Soto Guruma
			Ko Uchi Gari				Uki Waza
			Koshi Guruma				Yoko Wakare
			Tsuru Komi Goshi				Yoko Guruma
			Okuri Ashi Harai				Ushiro Goshi
			Tai O-toshi				Ura Nage
			Harai Goshi				Sumi Otoshi
			Uchi Mata				Yoko Gake
3rd Kyo							
P	F	I					
			Ko Soto Gake				
			Tsuru Goshi				
			Yoko Otoshi				
			Ashi Guruma				
			Hane Goshi				
			Harai Tsuru Komi Ashi				
			Tomoe Nage				
			Kata Guruma				

### Osae Waza Techniques

Demonstrate technique and escapes for each

Demonstrate			Technique	Escape			P	F	I	Entering through legs when opponent is on Back
P	F	I		P	F	I				
			Kesa- Gatame						1.	
			Kami Shiho Gatame						2.	
			Yoko Shiho Gatame						Turning techniques when opponent is on knees and elbows	
			Kata Gatame						1.	
			Tate Shiho Gatame						2.	
			Kuzure-Kesa- Gatame (optional)							
			Kuzure Yoko Shiho Gatame (optional)							
							P	F	I	Sankaku Series
										Application to Shimewaza
										Application to Ne-waza
										Application to Kansetsu-waza

### Shime-waza

Demonstrate			Technique	Escape		
P	F	I		P	F	I
			Kataha Jime			
			Hadaka Jime			
			Gyaku Juji Jime			
			Okuri-Eri-Jime			
			Name-Juji-Jime			

### Kansetsu-Waza

P	F	I	Demonstrate 1 applications from a throw or pin
			1. Ude Garami

P	F	I	Demonstrate 1 applications from a throw or pin
			1. Ude Hishigi Ude Gatame

P	F	I	Demonstrate 1 applications from a throw or pin
			1. Ude Hishigi Juji Gatame