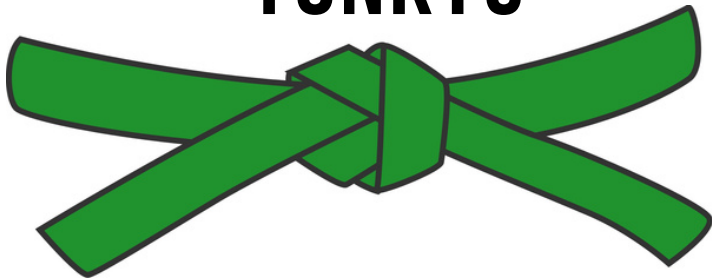


YONKYU



N A G E W A Z A

Sode Tsurikomi Goshi

Okuri Ashi Barai

Kata Guruma

Tomoe Nage

Hane Goshi

Sode Makikomi

Tani Otoshi

Ura Nage

Ushiro Goshi

Able to perform most Gokyu and Rokyu throws on both sides

> Gaeshi waza

Counters and/or avoidances for all Gokyu and Rokyu techniques

> Renraku waza

5 setup and follow up combinations for Tokui Waza

Demonstrate 5 other combinations

> Kumi Kata

Demonstrate 2 throws from post

Demonstrate 3 throws from 3 non-conventional grips

Demonstrate ways to get a dominant grip

Remove opponent's sleeve grip and move to dominant grip

Remove opponent's collar grip and move to dominant grip

N E W A Z A

> Shime waza

Okuri eri Jime

Hadaka Jime

Kata Ha Jime

Sankaku Jime

> Kansetsu waza

Ude Gatame

Ude Garamme

Wake Gatame

> Other

Guard pass

Demonstrate 2 entries into submissions