

Brown - Sr.Nikyu

GENERAL REQUIREMENTS:
Good moral character and maturity
Regular practice and attendance
ABILITY TO DEMONSTRATE
Nage Waza - Throwing Techniques
O-soto-gari - Major outer reaping throw
O-goshi - Major hip throw
De-ashi-harai - advanced foot sweep
Hiza-guruma - knee wheel throw
Seoi-nage - shoulder throw
Tai-otoshi - body drop
Kouchi-gari - minor inner reaping throw
Uki-goshi - floating hip throw
Ouchi-Gari - major inner reaping throw
Harai-goshi - sweeping hip throw
Okuri-ashi-barai - sweeping ankle throw
Ko-soto-gari - minor outer reaping throw
Tomoe-nage - stomach throw
Hane-goshi - spring hip throw
Tsuri-komi-goshi - lifting-pulling hip throw
Uchi mata - inner thigh throw
Shime Waza - Choking techniques
Nami-juji-jime - normal cross choke
Okuri-eri-jime - sliding lapel choke
Kansetsu Waza - Joint locks
Ude-garami - coil armlock
Ude-gatame - arm lock
General Techniques
Demonstrate one throw both left and right
Demonstrate one combination technique
Demonstrate one counter technique