

Brown Belt Syllabus

Nagewaza

Heni Makikomi:	Winding Spring Hip
Harai Makikomi:	Winding Sweeping Hip
Utsuri Goshi:	Changing Hip Throw
Seoi Makikomi:	Winding Shoulder
Te Guruma:	Hand wheel
Harai Tsuru Kome Ashi:	Sweeping Lifting Pulling Ankle Throw

Nage No Kata

Ma Sutemi Waza:	Front Sacrifice Techniques
Tomoe Nage	
Ura Nage	
Sumi Gaeshi	

Yoko Sutemi Waza:	Side Sacrifice Techniques
Yoko Gake	
Yoko Guruma	
Uki Waza	

Kubudo

NOT GRADED

4 stage bo kata
katana shiho kata
baton defence against 2 armed attackers

Waza

Throw counters

O Goshi	into	Ushiro Goshi
O Soto Gari	into	Yoko Soto Gari
O Soto Gari	into	Harai Goshi
Ko Soto Gari	into	Uchi Mata
Uke Goshi	into	Tane Otoshi
Tsode Tsuru Kome Goshi	into	Sukui Nage
Tai Otoshi	into	Ko Soto Gake

