



BROWN/IKKYU BELT GRADING

Nage waza (Throwing techniques)

Koshi-Waza (Hip Techniques)

Ushiro-Goshi (Reverse Hip Throw)

Ashi-Waza (Foot/Leg Techniques)

O-Soto-Guruma (Major Outer Wheel)

Te-Waza (Hand Techniques)

Sumi-Otoshi (Corner Drop)

Sutemi-Waza (Sacrifice Techniques)

Yoko-Guruma (Side Wheel)

Yoko-Gake (Side Body Drop)

Yoko-wakare (Side Separation)

Uki-Waza (Floating Throw)

Ura-Nage (Back Throw)

Ne Waza (Ground Techniques)

Kansetsu-Waza (Joint Lock Techniques)

Ude-Hishigi-Waki-Gatame (Extended Arm Bar With Crook Of Arm)

Ude-Hishigi-Hiza-Gatame (Extended Arm Bar With Knee)

Ude-Hishigi-Hara-Gatame (Extended Arm Bar with Stomach)

Nage-No-Kata (Forms of Throwing)

Proper bowing

Tsugi-Ashi (Following Step)

Third set- Ashi-Waza (Foot/Leg Techniques)

Okuri-Ashi-Harai (Sliding Foot Sweep)

Sasae-Tsuri-Komi-Ashi (Supporting Foot Lift Pull Throw)

Uchi-Mata (Inner Thigh Throw)