

Sr. Promotion
Revised March 2018
Katame Waza (Grappling Techniques)

Rokkyu (Yellow Belt)

Osaekomi waza



Kese Gatame (Scarf Hold)

Kuzure Kesa Gatame (Modified Scarf Hold)

Gokyu (Orange Belt)

Osaekomi waza



Yoko Shiho Gatame (Side Four Corner Hold)

Kami Shiho Gatame (Top Four Corner Hold)

Shime-waza



Hadaka Jime (Rear Naked Choke)

Kansetsu-waza



Ude Hishigi Juji Gatame (Cross Arm Lock)

Yonkyu (Green Belt)

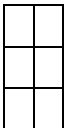
Osaekomi waza



Kata Gatame (Shoulder Hold)

Tate Shiho Gatame (Straight Four Corner Hold)

Shime-waza



Gyaku Juji Jime (Reverse Cross Choke)

Nami Juji Jime (Normal Cross Choke)

Kata Juji Jime (Half Cross Choke)

Kansetsu-waza

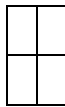


Ude Garami (Bent Arm Lock)

Ude Gatame (Straight Arm Lock)

Sankyu (3rd Degree Brown)

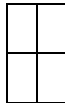
Osaekomi waza



Kuzure Kami Shiho Gatame (Modified Four Corner Hold)

Ushiro Kesa Gatame (Reverse Scarf Hold)

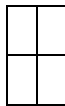
Shime-waza



Kata Ha Jime (Single Wing Choke)

Okuri Eri Jime (Sliding Lapel Choke)

Kansetsu-waza



Waki Gatame (Armpit Lock)

Hiza Gatame (Knee Lock)

Nikyu (2nd Degree Brown)

Osaekomi waza



Kuzure Tate Shiho Gatame (Modified Straight Four Corner Hold)

Shime-waza



Sankaku Jime (Triangle Choke)

Tsukkomi Jime (Thrust Choke)

Kansetsu-waza



Sankaku Gatame (Triangular Lock)

Gyaku-ude-garami (Reverse entangled armlock)

Ikkyu (1st Degree Brown)

Osaekomi waza



Increase proficiency on previous requirements

Shime-waza



Ryo Te Jime (Two Handed Choke)

Sode Guruma Jime (Sleeve Wheel Choke)

Kansetsu-waza



Hara Gatame (Stomach Lock)

Ashi Gatame (Leg Lock)