

STUDENT CURRICULUM

White Belt to Yellow Belt

- 1.1- O Soto Gari
- 1.2- Ogoshi
- 1.3- Ippon Seio Nage
- 1.4- Koshi Guruma
- 1.5- Kubi Nage
- 1.6- O Uchi Gari
- 2.1- Kesa Gatame
- 2.2- Kata Gatame
- 2.3- Gyaku Tate Gatame
- 2.4- Tate Gatame
- 2.5- Ushiro Tate Gatame
- 2.6- Ushiro Yoko Gatame
- 3.1- Hadaka Jime
- 3.2- Kuzure Hadaka Jime
- 3.3- Okuri Eri Jime
- 3.4- Shomen Okuri Jime
- 3.5- Kuzure Okuri Eri Jime
- 4.1- Hon Juji Gatame
- 4.2- Okuri Eri Hiji Tekubi
- 4.3- Kubi Hiji Tekubi
- 4.4- Kata Hiji Tekubi
- 4.5- Tekubi Gake
- 4.6- Yubi Hiji Tekubi
- 4.7- Yubi Gake
- 4.8- Yubi Gatame
- 4.9- Sankaku Gatame
- 4.10- Oya Yubi Kaji
- 4.11- Ude Garami Ich
- 4.12- Ude Garami Ni
- 4.13- Hon Kote Gaeshi
- 4.14- Kuzure Kote Gaeshi
- 4.15- Ude Gatame
- 4.16- Hon Ude Gatame
- 4.17- Kuzure Ude Gatame
- 4.18- Hon Kote Hineri
- 4.19- Kuzure Kote Hineri
- 4.20- Oshi Taoshi
- 4.21- Hiki Taioshi
- 5.1- Uto
- 5.2- Kasumi
- 5.3- Dokko
- 5.4- Jinchu
- 5.5- Kachikake
- 6.1- Wrist Escapes
- 6.2- Defense against Grips on Garments & hair
- 6.3- Defense against Pushes
- 6.4- Defense against Punches

Yellow Belt to Green Belt

- 1.7- Tsuru Komi Goshi
- 1.8- Morote Seoi Nage
- 1.9- O Soto Otoshi
- 1.10- Tsuru Komi Ashi
- 1.11- Uki Goshi
- 1.12- Kouchi Gari
- 1.13- Harai Goshi
- 1.14- Tai Otoshi
- 1.15- Ko Soto Gari
- 1.16- Kawazu Gake
- 1.17- Ko Soto Gake
- 2.7- Yoko Shiho Gatame
- 2.8- Kami Shiho Gatame
- 2.9- Ushiro Kesa Gatame

Yellow Belt to Green Belt- Continued

- 2.10- Kuzure Tate Gatame
- 3.6- Kataha Jime
- 3.7- Nami Juji Jime
- 3.8- Gyaku Juji Jime
- 3.9- Kata Juji Jime
- 4.22- Shiho Taoshi
- 4.23- Wake Gatame
- 4.24- Kote Gaeshi
- 4.25- Juji Gatame
- 4.26- Ude Hineri
- 4.27- Kuzure Ude Hineri
- 4.28- Ashi Kubi Gatame
- 4.29- Ashi Kubi Gake
- 4.30- Ashi No Yubi Gatame
- 6.5- Defense against Kicks
- 6.6- Defense against Chokes
- 6.7- Defense against Body Holds
- 6.8- Defense against Club attacks

Green Belt to Purple Belt

- 1.18- Hane Goshi
- 1.19- Sode Tsuru Komi Goshi
- 1.20- Seoi Otoshi
- 1.21- Deashi Barai
- 1.22- Uki Waza
- 1.23- Uchi Mata
- 1.24- Tomoe Nage
- 1.25- Sumi Gaeshi
- 1.26- Sukui Nage
- 1.27- Kuchiki Taoshi
- 1.28- Morote Gari
- 2.11- Kumo Gatame
- 2.12- Uki Gatame
- 2.13- Dakiage
- 3.10- Sankaku Jime
- 3.11- Sode Jime
- 3.12- Ryote Jime
- 3.13- Tsukkomi Jime
- 4.31- Ryote Shikoro Dori
- 4.32- Shikoro Gaeshi
- 4.33- Shikoro Gake
- 4.34- Kuzure Shikoro Dori
- 4.35- Hiza Ashi Kubi Gatame
- 4.36- Koshi Ashi Kubi Gatame
- 6.9- Defense against Wrestling Holds
- 6.10- Club vs. Club
- 6.11- Defense against Knife Attack

Purple Belt to Brown Belt 2nd Kyu

- 1.29- Utsuri Goshi
- 1.30- Ushiro Goshi
- 1.31- Ura Nage
- 1.32- Sutemi Ko Uchi Gari
- 1.33- Harai Makikomi
- 1.34- Hane Makikomi
- 1.35- Soto Makikomi
- 1.36- O Soto Makikomi
- 1.37- Okuri Deashi Barai
- 1.38- Tani Otoshi
- 1.39- O Uchi Gari / Ko Uchi Gari
- 1.40- Uchi Mata / Ko Uchi Gari
- 1.41- O Uchi Gari / Tai Otoshi
- 1.42- Koshi Guruma / O Soto Gari

Purple Belt to Brown Belt 2nd Kyu- Continued

- 3.14- Yoko Okuri Eri Jime
- 3.15- Tobu Okuri Jime
- 3.16- Jogoku Jime
- 3.17- Kuzure Jogoku Jime
- 4.37- Ude Gaeshi
- 4.38- Irimi Nage
- 4.39- Ashi Garami
- 4.40- Ashi Gatame
- 6.12 Club vs. Baseball Bat
- 6.13- Knife vs. Knife
- 6.14- Defense against Pistol

Brown Belt 2nd Kyu to Brown Belt 1st Kyu

- 1.43- Yoko Wakare
- 1.44- Yoko Guruma
- 1.45- Hiza Guruma
- 1.46- Yoko Otoshi
- 1.47- Kani Basami
- 1.48- Kata Guruma
- 1.49- Sumi Otoshi
- 1.50- Yama Arashi
- 1.51- O Soto Guruma
- 1.52- Kawazu Gake / Tani Otoshi
- 1.53- O Uchi Gari / Ko Soto Gari
- 1.54- Uchi Mata / Tai Otoshi
- 1.55- Tsuru Komi Ashi / Harai Goshi
- 4.41- Hiza Gatame
- 4.42- Kuzure Ashi Gatame
- 4.43- Kuzure Ashi Garami
- 6.15- Wrist Holds Throws and Counters
- 6.16- Defense against Baseball Bat or Stick attacks
- 6.17- Club vs. Knife
- 6.18- Cane vs. Knife