

Goshin

2ND BROWN BELT JUDO STANDARDS

THROWS

Kata Garuma (Fireman's Carry)

CHOKES

Yoko Koshi jime (Side Hip choke)

Yoko Sode jime (Side Sleeve choke/box choke)

Guillotine choke

COMBINATION THROWS

De Ashi Harai to Harai-Goshi

Ouchi gari to Kouchi gari

Kouchi gari to Ouchi gari

Kouchi gari to Make Komi

ARMBARS

Kesa Gatame - Straight Armlock

Kesa Gatame - Figure 4 Armlock

Kesa Gatame - Modified Figure 4 Armlock

NAGE NO KATA

You will need to demonstrate the 1st and 2nd sets of Nage No Kata, which consists of 2 sets 3 throws each, done throwing both right and left sided. The first set is Hand Techniques. The second set is Hip techniques. The first six throws of the kata are:

Set 1) •Uki-otoshi •Seoi-nage •Kata-guruma

Set 2) •Uki-goshi •Harai-goshi •Tsurikomi-goshi.

GENERAL INFORMATION

VOCABULARY

TIME IN RANK: 50 HOURS

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