

# 10 MON

Grade
Belt
Tachi-waza
Kansetsu-waza
<b>Performance</b>
Combination
Randori
Personal Choice
Translation

9th to 10th Mon
Harai-goshi
Uchi-mata
Ude-gatame
Waki-gatame
Any technique combined with Ko-uchi-gake
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

9th to 10th Mon
Sweeping hip throw
Inner thigh throw
Arm lock
Arm lock
Take part in a 3 minute light randori
Demonstrate 4 techniques linked together including a throw, some groundwork and a counter
Translate all of the above terminology