

11 MON

Grade
Belt
Tachi-waza
Kansetsu-waza
Performance
Ne-waza
Randori
Personal Choice
Translation

10th to 11th Mon
Hiza-guruma
Sasae-tsuri-komi-ashi
Juji-gatame
Hiza-gatame
Juji-gatame entry
Juji-gatame entry
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

10th to 11th Mon
Knee wheel
Propping drawing ankle throw
Cross armlock
Knee armlock
(sit back with uke on all fours)
(flick backwards with uke on all fours)
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