Grade	11th to 12th Mon	11th to 12th Mon
Belt	III	III
Tachi-waza	Hane-goshi	Spring hip
	Okuri-ashi-barai	Double foot sweep
	Morote-eri-seoi-nage	Two handed lapel shoulder
Performance		
Ne-waza	Juji-gatame (over shoulder uke roll)	
	Juji-gatame (swivel from beneath)	
Randori	3 minutes	
Personal Choice	4 waza individually and linked (including tachi, ne, kaeshi)	
Translation	Above only	Above only