

12 MON

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

11th to 12th Mon
Hane-goshi
Okuri-ashi-barai
Morote-eri-seoi-nage
Juji-gatame entry
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3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

11th to 12th Mon
Spring hip throw
Double foot sweep
Two handed lapel shoulder throw
(forward roll turnover with Uke on all fours)
(swivel from beneath with Uke between Tori's legs)
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