

# 13 MON

Grade
Belt
Tachi-waza
Kansetsu-waza
<b>Performance</b>
Tachi-waza
Ne-waza
Kumi-kata
Randori
Personal Choice
Translation

12th to 13th Mon
I
Koshi-guruma
Tani-otoshi
Yoko-guruma
Ude-garami
Various kaeshi-waza
Ude-garami from Kuzure-kesa-gatame
Demonstrate various grip breaks
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

12th to 13th Mon
I
Hip wheel
Valley drop
Side wheel
Entangled (figure 4) armlock
Various counters
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