

14 MON

| |
|--------------------|
| Grade |
| Belt |
| Tachi-waza |
| |
| |
| Shimewaza |
| |
| |
| Performance |
| |
| Ne-waza |
| Kumi-kata |
| Randori |
| |
| Personal Choice |
| Translation |

| |
|--|
| 13th to 14th Mon |
| |
| Tomoe-nage |
| Kata-uchi-ashi-dori |
| Soto-kibisu-gaeshi |
| Okuri-eri-jime |
| Nami-juji-jime |
| Gyaku-juji-jime |
| |
| Demonstrate the above Shimewaza from practical situations |
| Demonstrate a 1 minute gripping exchange with your partner |
| 3 minutes |
| |
| Demonstrate 2 combinations or counters |
| Translate all of the above terminology |

| |
|--|
| 13th to 14th Mon |
| |
| Stomach throw |
| Single inner leg grab |
| Outer heel trip |
| Sliding lapel strangle |
| Normal cross strangle |
| Reverse cross strangle |
| |
| |
| |
| Take part in a 3 minute light randori |
| |
| Translate all of the above terminology |