

15 MON

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

14th to 15th Mon
Kata-guruma
Morote-gari
Uki-waza
Soto-ashi-dori-ouchi-gari
Uchi-kibisu-gaeshi
Yoko-kata-guruma-otoshi
Koshi-jime and Kata-te-jime from practical situations
3 minutes
Demonstrate 2 combinations or counters
Translate all of the above terminology

14th to 15th Mon
Shoulder wheel
Double leg grab
Floating throw
Outside leg grab major inner sweep
Inner heel trip
Side shoulder wheel body drop (Laats take down)
Hip strangle and Single hand strangle from practical situations
Take part in a 3 minute light randori
Translate all of the above terminology