

# 16 MON

Grade
Belt
Tachi-waza
Shime-waza
<b>Performance</b>
Tachi-waza
Ne-waza
Randori
Personal Choice
Translation

15th to 16th Mon
Ura-nage
Uki-otoshi
Yoko-tomoe-nage
Kata-hiza-te-ouchi-gake-ashi-dori
Soto-maki-komi
Kata-ha-jime
Demonstrate the above techniques on the move
Demonstrate Kata-ha-jime from a practical situation
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

15th to 16th Mon
Rear throw
Floating drop
Side stomach throw
Single knee hand major inside hook
Outside winding throw
Single collar strangle
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