

# 17 MON

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

16th to 17th Mon
Ushiro-goshi
Sumi-gaeshi
Ryo-hiza-seoi-otoshi
Yoko-gake
Hadake-jime
Kata-te-ashi-koshi-jime
Demonstrate the above techniques on the move
Demonstrate Hadake-jime from a practical situation
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi)
Translate all of the above terminology

16th to 17th Mon
Rear hip throw
Corner throw
Two knee shoulder drop
Side hook
Naked strangle
Single hand leg hip 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