

Grade
Belt
Tachi-waza
Shime-waza
Performance
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
Performance techniques
Hadake-jime from a practical situation
3 minutes
3 waza individually and linked (including tachi, ne, kaeshi)
Above only

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