

18 MON

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

17th to 18th Mon
Sode-tsuru-komi-goshi
Te-guruma
Ko-uchi-gake-mata-maki-komi
Yoko-kata-guruma-otoshi
San-gaku-jime
2 different entries to Sumi-gaeshi
San-gaku gatame, jime and osae-gatame from practical situations
3 minutes
4 waza individually and linked (including tachi, ne, kaeshi) Or gain a BJA timekeeper / referee award
Translate all of the above terminology

17th to 18th Mon
Sleeve lift pull hip
Hand wheel
Minor inner hook thigh winding
Side shoulder wheel body drop
Triangular leg strangle
Take part in a 3 minute light randori
Demonstrate 4 techniques linked together including a throw, some groundwork and a counter Or gain a BJA timekeeper / referee award
Translate all of the above terminology