

# 6 MON

Grade
Belt
Ukemi
Tachi-waza
Osae-komi-waza
<b>Performance</b>
Combination
Ne-waza
Kumi-kata
Randori
Personal Choice
Translation and terminology

5th to 6th Mon
Mae-ukemi
O-uchi-gari
Tate-shiho-gatame
O-uchi-gari into Tate-shiho-gatame
Escape from Tate-shiho-gatame using bear hug roll
Turn with Uke on all fours into Mune-gatame
Alternative grips
2 minutes Nage-komi (Throw for throw )
Demonstrate two tachi-waza and one osae-komi-waza
All of the above words and describe two contest rules

5th to 6th Mon
Front breakfall
Major inner reaping
Lengthwise four quarters hold
Demonstrate various different ways of gripping opponents jacket
Throw for throw
Techniques must be named