

7 MON

Grade
Belt
Tachi-waza
Performance
Combination
Counter
Ne-waza
Randori
Personal Choice
Terminology, Etiquette and Translations (including all above)

6th to 7th Mon
Ko-uchi-gari
Tsuri-komi-goshi
O-goshi
O-uchi-gari into Ko-uchi-gari
Ko-uchi-gari into O-soto-gari
O-uchi-gari countered by Tsuri-komi-goshi
Escape from Kesa-gatame using bridge and roll method
Escape into Kesa-gatame from between Uke's legs
3 minutes
Two tachi-waza and one osae-komi-waza
Describe two contest rules and demonstrate the contest bowing procedure
Explain the meaning of Uke/ Tori
Waza-ari-awasete-ippon

6th to 7th Mon
Minor inner reaping
Drawing hip throw
Major hip throw
Take part in a 3 minute light randori
Demonstrate and name two throwing techniques and one hold down
Defender/ attacker
Two halves equals a full point
Two waza-ari equals Ippon