

Brown Belt 3rd Degree
Sankyu (3rd Kyu)

I. Oku No Kata

1. Deashi Hayanada: Lower foot sweep and armbar
2. Ogoshi Hayanada: Hip throw and armbar
3. Seoi Hayanada: Shoulder throw and armbar
4. Norimi: Counter Ogoshi and choke
5. Sumi Gaeshi: Side circle throw catching both ankles
6. Mizukuguri: Block blow to ears and throw over back
7. Maeyamakage: Rear shoulder throw and knee to face
8. Komi Iri: Counter roundhouse kick and patella scoop
9. Kote Gaeshi: Wrist throw
10. Sakanuki: Stomach bump and arm whip
11. Gyakute Nage: Stiff arm throw and choke
12. Hon Tomoe: Circle throw and strangle

II. Knife defenses

1. Learn how to safely give up money
2. Pry against angles 1 and 3
3. Wrist twist against angle 2, 4,5,6
4. Elbow break against angle 1
5. Pass and wrist twist against angle 3
6. Thumb break against angles 2, 4,5,6
7. Eye claw and run- against all outside angles
8. At throat, front and rear: Katate Tori, armbar, hammerlock

III. Nage no Kata- exposed to, but optional for Test

1. Ushiro Goshi: Counter hip throw
2. Seoi Goshi: Cross arm hip throw
3. Tsurikomi Goshi: Lift and pull sleeve hip throw
4. Okuri Harai: Side stepping throw
5. Sasae Ashi: Propping ankle throw

IV. Review

Yawara, Nage or Short Nage and Adv. Yawara, Shime, KDM, Goshin Waza,

V. Randori

1. Yawara
2. Nage no Kata
3. Goshin Waza
4. Shime no Kata
5. Defend against stick and knife

VI. Teaching- Help teach class, supervise drills and randori, attend a teaching seminar