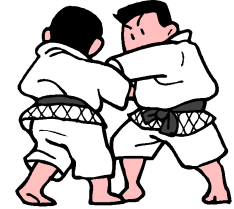




YON KYU

SEINAN – OVER 16

Points Needed: 20



NAGE-WAZA (Throws):

16 throws as selected from the 1st and 2nd Go Kyo and up to 3 techniques from the 3rd Go Kyo.

OSAE-WAZA (Hold downs):

4 hold downs as selected.

KANSETSU-WAZA (Arm locks):

2 arm locks as selected.

SHIME-WAZA (Strangles):

2 strangles as selected.

RENROKU WAZA (Combinations) & KAESHI WAZA (Counters):

4 combinations and 4 counters as selected.

TURNOVERS:

2 turnovers as selected.

MOVING PAST THE LEGS:

2 movements past the legs as selected.

THEORY:

(a) Terminology:

ashi foot or leg
 goshi hip
 hiza knee
 kata shoulder
 mata thigh
 te hand
 ude arm
 hidari left
 mae front

migi right
 ushiro backwards
 hidari shizentai ... left natural posture
 shizentai natural posture
 shizentai hon tai natural posture
 migi shizentai ... right natural posture
 jigo hon tai defence posture
 jigo tai defensive posture

(b) Belts: Senior (Main) Colours:

White
 Yellow
 Orange
 Green
 Blue
 Brown
 Black
 Red /White
 Red

