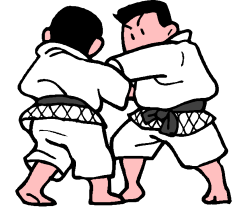




SHO DAN



SEINAN – OVER 16

Points Needed: 150

Minimum time in Rank:

12 months as Ik Kyu (Contest Points and Knowledge)

3 years as Ik Kyu (Service and Knowledge)

5 years as Ik Kyu (Knowledge only)

NAGE-WAZA (Throws):

All 5 sets of the Go Kyo.

OSAE-WAZA (Hold downs):

11 hold downs as selected.

KANSETSU-WAZA (Arm locks):

7 arm locks as selected.

SHIME-WAZA (Strangles):

8 strangles as selected.

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

The 1st set of the Go Kyo.

TURNOVERS:

6 turnovers as selected.

MOVING PAST THE LEGS:

4 movements past the legs as selected.

NAGE-NO-KATA:

Uke and tori for the complete kata.

THEORY:

All the theory from the previous belts.

EXTRA TECHNIQUES:

Be aware of the Shimmeisho No Waza (Additional Throwing Techniques):

Te Waza:

Morote Gari
Kuchiki Taoshi
Kibusi Gaeshi
Uchi Mata Sukashi

Uchi Mata Gaeshi
O Soto Makikomi
Uchi Mata Makikomi
Harai Makikomi

Ken Ken Uchi Mata
Hikkomi Gaeshi
Tawara Gaeshi
Daki Wakare
Ichi Makikomi

Koshi Waza:

Dakiage

Illegal Techniques:

Kani Basami
Kawazu Gake

Osae Komi Waza:

Tate Sankaku Gatame
Kami Sankaku Gatame

Ashi Waza:

Tsubame Gaeshi
O Soto Gaeshi
O Uchi Gaeshi
Ko Uchi Gaeshi
Harai Goshi Gaeshi
Hane Goshi Gaeshi

Additional Techniques:

Seoi Otoshi
Obi Otoshi
Kouchi Gaeshi
Yama Arashi
Sode Tsuru Komi Goshi
O Soto Otoshi

Shime Waza:

Yoko Sankaku Jime
Ura Sankaku Jime
Mae Hadaka Jime
Sode Guruma Jime

