

4th MON – 5TH MON (YELLOW BELT, 2 RED TAB)



Ippon-seoi-nage: Tori pins Uke's arm by putting his right arm under Uke's armpit and takes hold of Uke's sleeve or lapel. Tori turns his right hip into Uke. Then lean slightly forward, keeping your back straight and bending your knees. Then straighten your knees, lifting Uke off-balance and turn Uke over with a strong pulling action on there sleeve.



Kami-shiho-gatame: In this hold, Tori controls the upper part of Uke's body. Tori's head and chest lie over Uke's chest. Tori passes both his hands under Uke's arms and takes hold of Uke's belt either side then lays flat with both legs spread.



Combination Technique:

- Ippon-seoi-nage into Kami-shiho-gatame
- Demonstrate alternatives to the right and left standard grips
- Demonstrate two of your favourite throws

Ne-waza:

- Escape from Kami-shiho-gatame using 'action and re-action'
- Turnover into Kesa-gatame (Uke in "all fours" position)
- Demonstrate two of your favourite Holds

Answer the Question:

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:

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