

## 5th MON – 6<sup>TH</sup> MON (YELLOW BELT, 3 RED TAB)



ACADEMY OF EXCELLENCE

**O-uchi-gari:** Tori steps on to his left foot, turns his right hip quickly towards Uke and hooks his right leg strongly round Uke's left leg. Tori then sweeps Uke's left leg away with his right leg. At the same time pushes Uke on to his back, ready to pin him down on the mat.



**Tate-shiho-gatame:** Tori sits on Uke and wraps both legs round the upper part of Uke's legs. He crosses his feet to prevent Uke escaping. This controls Uke's legs. Tori lies across Uke's chest, trapping one of Uke's arms up, and this secures the hold.



### Combination Technique:

- O-uchi-gari into Tate-shiho-gatame
- Demonstrate alternatives to standard grips e.g. right against left, double lapel and high collar
- Demonstrate two of your favourite throws

### Randori:

- Demonstrate of Nage-komi in light Randori with a co-operative partner (2 min)

### Ne-waza:

- Escape from Tate-shiho-gatame using 'bear hug roll'
- Turnover into Mune-gatame (Uke in "all fours" position)
- Demonstrate two of your favourite Holds

### Answer the Question:

- Give two examples of actions against the contest rules

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