

1ST KYU - CHAIRO OBI

<u>Fitness</u> 40 x Press Ups 40 x Sit Ups 40 x Leg Raises 40 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>Basic Throws</u> As previous belt plus... 4 x 4 Inner Wind 4 x 4 Outer Wind 4 x 4 Dropping Body Drop 4 x 4 Rev Dropping Body Drop 4 x 4 Rolling Ankle 4 x 4 Valley Drop 4 x 4 Dropping Key Lock 4 x 4 Stomach Throw	<u>Bujutsu</u> <u>Weapon Techniques</u> Pistol Disarming: 2 x Stomach 2 x Chest 1 x Tactical 1 x Back 1 x Neck
<u>Kaeshi Hadaka Jime</u> <u>Counter to Headlocks</u> 1) Full Shoulder Drop. 2) Valley Drop. 3) Wrist Lock. 4) Back Hammer Lock.	<u>Kaeshi Mae Hadaka Jime:</u> <u>Counter Front Headlock</u> Double Leg Scoop. <u>Kaeshi Tachi RNC:</u> <u>Counter to Standing RNC</u> Rolling Full Shoulder.	<u>Nage Waza</u> <u>Throwing Techniques</u> Dropping Body Drop: Spine Lock. Reverse Dropping Body Drop: Jaw & Neck Lock. Key Lock Throw: Wrist & Shoulder Hold
<u>Nage Waza</u> <u>Throwing Techniques</u> Rolling Ankle 1) Mounted Choke. 2) Straight Arm Lock. Valley Drop: 1) Mounted Strikes. 2) Roundhouse Kick to Kidneys.	<u>Nage Waza</u> <u>Throwing Techniques</u> Inner Wind: Arm Bar & Neck Hook Outer Wind: Double Arm Locks. Stomach Throw: Mounted Strikes.	<u>Ne Waza</u> <u>Grappling</u> Multiple 1 Minute Rounds

Grading Examination

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.