

Brown Belt w/Stripe

Katas	•Wansu	Throws & Ground Grappling	•Minor Outer Reaping (Kosotogari) •Japanese Armbar from Mount & Guard
Self Defense	•Slashing Knife Attack	Blocks & Parries	•Sinawali Boxing from parry: compress elbow, single lock, backward throw & mobility throw
Kicks & Strikes	Kick Combination: front, round, side, hook, back, twist, knee stomp (fumakomi)	Chokes	•Rear Naked Choke
Arm & Shoulder Locks	•Tricep tendon w/shoulder •Reverse Tricep tendon armbars w/shoulder •Tricep Tendon over shoulder	Cane Techniques, Strikes & Blocks	•Cane Releases: forearm bump inside/outside, center lock, standing center
Finger & Wrist Locks	•Chicken wing: standing & ground •Goose-neck •Piston grip •Reverse pistol grip	Drills	•Flow Drill w/cane •Umbrella/Wing Drill
Questions	•Who was Ken Kawachi and what is his contribution to SCJ? •Explain kuzushi: 3 dimensional theory	Pressure Points: show location, demonstrate angle & direction and effect	•H6, L8, MUE28