

Open Sky Kids Test #6

BROWN & WHITE BELT TEST

Vocabulary

Soto Outside movement
Uchi Inside movement

Suwari Waza (Seated Technique)

1. Katadore ikkyo, omote & ura *Kata* is shoulder grab.
2. Katadore irimi nage

Standing Technique

1. Kokyu nage soto and uchi. Breath throw, uke keeps contact
2. Morotetori kokyu ho. Attack holding one wrist or the forearm with two hands. Throw into a forward and a backward roll.
3. Morotetori irimi Nage.
4. Yokomen uchi shiho nage. Side strike. Four-direction throw.
5. Kokyu dosa. Kneeling breath throw.