

## 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.