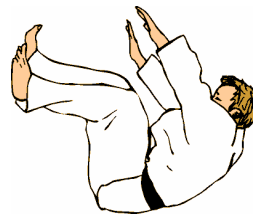


ROK KYU (6th Grade) WHITE BELT

UKEMI WAZA (FALLING TECHNIQUES)

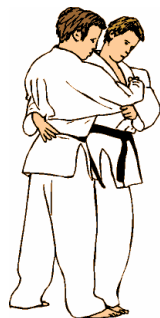


Gymnastic Forward Roll



Koho Ukemi (Rear Breakfall)

NAGE WAZA (THROWING TECHNIQUES)



Uki Goshi
(Floating Hip)



O Soto Otoshi
(Major Outer Drop)



Tai Otoshi
(Body Drop)

OSAE WAZA (HOLDING TECHNIQUES)



Kuzure Kesa Gatame
(Collapsed Scarf Hold)



Kesa Gatame
(Scarf Hold)

