

Nikyu-2nd Degree Brown/Junior Purple (Min. of 75 Hours of Class Instruction)
History & General Knowledge

- 1.What is the penalty for: Putting a hand in someone's face? [Shido] ____
- 2.What is the penalty for diving head first into the mat to throw? [Hansoku Make] _____
- 3.What is the penalty for disregarding the Referee's instructions? [Hansoku Make] _____
- 4.Count to 10 in Japanese starting with one: [Ichi, Ni, San, Shi, Go, Roku, Shichi, Hachi, Ku, Ju]_____

Terminology

- 5.Counter Technique [Kaeshi Waza] _____
- 6.Favorite Teachnique [Tokui Waza] _____
- 7.Right [Migi] _____
- 8.Left [Hidari] _____
- 9.Form [Kata]_____
- 10.Major Outer Wheel Throw [O Soto Guruma]_____
- 11.Sweeping Lifting Pulling Foot Throw [Harai Tsuru KomiAshi]_____
- 12.Side Hook Throw [Yoko Gake]_____
- 13.Side Drop Throw [Yoko Otoshi]_____
- 14.Corner Reversal Throw [Sumi Gaeshi]_____
- 15.Floating Technique Throw [Ukiro Waza]_____
- 16.Side Wheel Throw [Yoko Guruma]_____
- 17.Corner Drop Throw [Sumi Otoshi]_____
- 18.Switching Hip Throw [Utsuri Goshi]_____
- 19.Staddle Hold [Tate Shiho Gatame]_____
- 20.Armpit Armbar [Waki Gatame]_____
- 21.Knee Armbar [Hiza Gatame]_____
- 22.Normal Cross Choke [Nami Juji Jime]_____
- 23.Reverse Cross Choke [Gyaku Juji Jime]_____
- 24.Half Cross Choke [Kata Juji Jime]_____

Demonstration

- | | |
|-----------------------|-----------------------------|
| O Soto Guruma____ | Harai Tsuru Komi Ashi____ |
| Yoko Gake____ | Yoko Otoshi____ |
| Sumi Gaeshi ____ | Ukiro Waza____ |
| Yoko Guruma____ | Sumi Otoshi____ |
| Utsuri Goshi ____ | Nami Juji Jime____ |
| Tate Shiho Gatame____ | Bridge and Roll Escape_____ |
| Waki Gatame ____ | Hiza Gatame____ |

Gyaku Juji Jime____

Kata Juji Jime____

Uki for Nage No Kata_____

Memory Verse: 1Cor. 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you.