

## Shuri-Te Judo Basic Rank Requirements

You must participate in a class setting with students and have a qualified Judo instructor. This is the only way to develop and understand Judo and the requirements needed to implement and demonstrate your understanding of Judo at your current rank and abilities.

Judo curriculum will offer the technical names in Japanese/English translations. You may find different names and terminology at other schools. The names in this curriculum are believed to be the most widely used and accepted globally.

You will always begin and end class by bowing! Once class begins, you will warm up by falling or Ukemi (break fall techniques). Ukemi is a very important skill to master, Being able to fall and protect yourself builds confidence and conditioning.

There are two principles of Judo:

1. Maximum efficiency with minimum effort. (Seiryoku Zenyo).  
Technique will overcome strength.
2. Mutual Welfare and Benefit (Jita Kyohei)

When practicing with a partner, you are giving him or her your body and relying on them to take care of you.

This is a level of trust that cannot be achieved without genuinely caring about your partner.

All ranks are at a senior level, no junior program. Rank is based on class participation. Competing in tournaments is not required, but will help with promotion. This curriculum focuses on judo techniques as it pertains to rank, time in grade for promotion.

### Mudansha Kyu Ranks for Time and Grade:

6th Kyu (Rokyu)	Yellow Belt	4-5 months
5th Kyu (Gokyu)	Orange Belt	5-7 months
4th Kyu (Yonkyu)	Green Belt	7-9 months
3rd Kyu (Sankyu)	Brown Belt	9-12 months
2nd Kyu (Nikyu)	Brown Belt	9-12 months
1st Kyu (Ikkyu)	Brown Belt	9-12 months

Note: You must be 17 years or older to test for black belt.

### Yudansha Black Belt (Dan) Grades:

1st Degree	Shodan	1 year
2nd Degree	Nidan	1-2 years
3rd Degree	Sandan	2-3 years
4th Degree	Yondan	3-4 years
5th Degree	Godan	4-5 years
6th Degree	Rukudan	5-6 years
7th Degree	Shichidan	6-7 years
8th Degree	Hachidan	8 years
9th Degree	Kudon	9 years
10th Degree	To be determined by board of directors.	

### 3 Components of NAGE-WAZA (Throwing Techniques)

- |            |                              |
|------------|------------------------------|
| 1. Kuzushi | Off balancing                |
| 2. Tsukuri | Fitting in                   |
| 3. Kake    | Execution or finish of throw |

## UKEMI (Techniques of falling safely)

- |                       |                      |
|-----------------------|----------------------|
| 1. Ushiro Ukemi       | Back Breakfall       |
| 2. Yoko Ukemi         | Side Breakfall       |
| 3. Zempo Kaiten Ukemi | Forward Rolling Fall |
| 4. Mae Ukemi          | Front Breakfall      |

## KUMIKATA (Grips)

1. Ai-Yotsu- Both Tori and Uki use the same hand (right or left) as Hikite (Pulling) hand. Both grab each other's left sleeve with their right hand or the right sleeve with their left hand.
2. Kenka Yotsu- Both Tori and Uki use opposite hands (right or left) as the Hikite (pulling hand)

## Variation of Grips:

1. High lapel grip
2. Double lapel grip
3. Behind the neck grip
4. Back of Gi grip
5. Low sleeve grip
6. Arm pit, belt grip
7. High sleeve grip
8. Under elbow grip
9. Cross grip
10. End of sleeve grip
11. Double sleeve grip
12. Belt grip

## POSTURE

- |                |                              |
|----------------|------------------------------|
| 1. Shizentai   | Normal body upright position |
| 2. Jigo-Hontai | Basic defensive posture      |

### 2 ways of sitting:

- |          |              |
|----------|--------------|
| 1. Anza  | Cross legged |
| 2. Seiza | On knees     |

## HAPPO-NO-KUZUSHI (8 directions for off balancing)

## ROKYU 6th CLASS YELLOW BELT REQUIREMENTS

### ETIQUETTE @ UKEMI Miscellaneous Techniques (8)

- |                       |                           |
|-----------------------|---------------------------|
| 1. Zenpo-Kaiten-Ukemi | Front rolling fall        |
| 2. Mae-Ukemi          | Front fall                |
| 3. Ma-Ukemi           | Back fall                 |
| 4. Yoko-Ukemi         | Side breakfall            |
| 5. Za-Rei             | Kneeling bow              |
| 6. Ritsu-Rei          | Standing bow              |
| 7. Seiza              | Sitting on knees and feet |
| 8. Anza               | Sitting crossed legged    |

### GOYKO-NO-WAZA (Throws of 40) (Dominant Side) (4)

- |                          |                           |
|--------------------------|---------------------------|
| 1. De-Ashi-Harai         | Advanced foot sweep       |
| 2. Hiza-Guruma           | Knee whirl                |
| 3. Sasae-Tsuri-Komi-Ashi | Supporting lift-pull foot |

4.Uki-Goshi

Floating hip

NAGE-WAZA (Throwing Techniques) (Non Dominant Side) (0)

RENWAKU-WAZA (Combination Techniques) (2)

1. Demonstrate forward throw to a pin
2. Demonstrate rear throw to a pin

KUMIKATA (Grips) (2)

1. Standard sleeve and lapel grip
2. Over the shoulder back grip

KATAME-WAZA (Grappling Techniques)

OSAEKOMI-WAZA (2)

- |                      |                      |
|----------------------|----------------------|
| 1.Kesa-Gatame        | Scarf hold           |
| 2.Kuzure-Kesa-Gatame | Variation Scarf Hold |

SHIME-WAZA (1)

- |                   |                    |
|-------------------|--------------------|
| 1. Nami-Juji-Jime | Normal Cross Choke |
|-------------------|--------------------|

KANSETSU-WAZA (0)

GOKYU 5th CLASS ORANGE BELT REQUIREMENTS

ETIQUETTE @ UKEMI Miscellaneous Techniques (12)

9. Proper tying of belt
10. Round off
11. Randori
12. Elbow roll

#### GOKYO-NO-WAZA (Throws of 40) (Dominant side) (8)

- |               |                  |
|---------------|------------------|
| 5. OSoto-Gari | Major Outer Reap |
| 6. OGoshi     | Major Hip Throw  |
| 7. Ouchi-Gari | Major Inner Reap |
| 8. Seoi-Nage  | Shoulder Throw   |

#### NAGE-WAZA (Throwing Techniques) (NonDominant Side) (0)

HAPPO NO KUZUSHI (8 directions to destroy opponents balance)  
Demonstrate your attack system against (4) corners or angle of the opponent.

1. Opponents left rear corner.
2. Opponents right rear corner.
3. Opponents right front corner.
4. Opponents left front corner.

#### RENWAKU-WAZA (Throwing Combinations) (7)

3. Rear throw to any pin #1.
4. Rear throw to another pin #2.
5. Your Tokui Waza (Favorite Throw) to forward throw.
6. Forward throw to your Tokui Waza. (Favorite Throw)
7. Get a grip, break opponents balance, move and throw, to any pin.

## KAESHI-WAZA (Counter Throws) (2)

1. Uke attacks with a forward throw, Tori counters with Tani-OToshi.
2. Uke attacks with a different forward throw, Tori counters with an outside leg jump around.

## KUMIKATA (Gripping) (3)

3. Demonstrate through the armpit back grip and throw.

## KATAME-WAZA (Grappling Techniques)

### OSAEKOMI-WAZA (Holding Techniques) (3)

3. Yokoshiho-Gatame                      Side hold (L or R side)

### SHIME-WAZA (Strangulations or Chokes) (2)

2. Hadaka-Jime                      Naked Choke

### KANSETSU-WAZA (Joint Locks) (0)

### FUSEGI (Escapes from Matwork) (4)

1. Bridge and roll from Kesa-Gatame. (Scarf Hold)
2. Uphill turn and escape from Kesa-Gatame. (Scarf Hold)
3. Bridge and roll from Yoko-Shiho-Gatame. (Side 4 corner hold)
4. Uphill turn and escape from Yoko-Shiho-Gatame (Side 4 corner hold)

## YONKYU 4th CLASS GREEN BELT REQUIREMENTS

### ETIQUETTE @ UKEMI Miscellaneous Techniques (15)

- |                        |                        |
|------------------------|------------------------|
| 13. Tsugi-Ashi         | Following Foot Walking |
| 14. Ayumi-Ashi         | Normal Walking         |
| 15. Migi/Hidari-Sabaki | 90% Right@Left turns   |

GOKYU-NO-WAZA (Throws of 40)

NAGE-WAZA (Throwing Techniques)(Dominant Side) (12)

- |                      |                     |
|----------------------|---------------------|
| 9. Kosoto-Gari       | Minor Outer Reap    |
| 10. Kouchi-Gari      | Minor Inner Reap    |
| 11. Koshi-Guruma     | Hip Whirl           |
| 12. Tsuru-Komi-Goshi | Lifting Pulling Hip |

NAGE-WAZA (Throwing Techniques) (Non Dominant Side) (2)

Choose any (2) throws from previous (12) and throw Non dominant side.

HAPPO-NO-KUZUSHI (8 directions to destroy opponents balance)

Demonstrate your attack system against all (8) corners or angles of your opponent.

5. Opponents right side.
6. Opponents left side.
7. Opponents front side.
8. Opponents rear side.

RENWAKU-WAZA (Throwing Combinations) (11)

8. Forward throw to an arm lock.
9. Demonstrate any forward throw to another forward throw.
10. Non dominant side combination of 3 separate throws.
11. Demonstrate any forward throw to the opposite side forward throw.  
(same grip)



## KAESHI-WAZA (Counter Throws) (4)

3. Uki attacks Drop Knee Seoi Nage, Tori counters With rear choke.
4. Uki attacks with any forward throw, Tori counters with an outside leg jump around.

## KUMIKATA (Gripping Forms) (4)

4. Collar grip and throw

## KATAME-WAZA (Grappling Techniques)

### OSAEKOMI-WAZA (Holding Techniques) (4)

4. Kata-Gatame L or R side      Shoulder Hold

### SHIME-WAZA (Strangulations or Chokes) (4)

3. Gyaku-Juji-Jime                      Reverse Cross Choke
4. Okuri-Eri-Jime                      Sliding Lapel Choke

### Kansetsu-Waza (Joint Locks) (1)

1. Juji-Gatame                      Cross Arm Lock

### FUSEGI (Escapes From Matwork) (8)

5. Sit up escape from Kesa-Gatame (Scarf Hold)
6. Leg entangling from Kesa-Gatame (Scarf Hold)
7. Leg hooking escape from Yoko-Shiho-Gatame
8. Shrimp out and pull the opponent in your guard position. (Yoko Shiho-Gatame)

## RANORI (FREE PRACTICE)

## SANKYU 3rd CLASS BROWN BELT REQUIREMENTS

### ETIQUETTE @ UKEMI Miscellaneous Techniques (17)

- |                   |                          |
|-------------------|--------------------------|
| 16. Shizen Hontai | Basic natural position   |
| 17. Jigo Hontai   | Basic defensive position |

### GOKYO-NO-WAZA (Throws Of 40) (Dominant Side) (16)

- |                      |                      |
|----------------------|----------------------|
| 13. Okuri-Ashi-Harai | Assisting Foot Sweep |
| 14. Tai-OToshi       | Body Drop            |
| 15. Harai-OGoshi     | Sweeping Hip         |
| 16. Uchi-Mata        | Inner Thigh          |

### NAGE-WAZA (Throwing Techniques) (Non Dominant Side) (4)

Choose any (4) throws from the previous (16) and throw from your Non Dominant side.

### HAPPO-NO-KUZUSHI (8 Directions to destroy your opponents balance)

\*Demonstrate all prior Belt Rank Requirements.

### RENWAKU-WAZA (Throwing Combinations) (14)

12. Any Sutemi-Waza (sacrifice throw) to any pin.
13. Ouchi-Gari to any forward throw
14. Any forward throw to an OPPOSITE side forward throw.

### KAESHI-WAZA (Counter Throws) (6)

5. Uke attacks with Uchi-Mata, Tori counters with Uchi-Mata Sukashi.
6. Uke attacks with Uchi-Mata, Tori counters with Tai-OToshi.

#### KUMIKATA (Grips) (5)

5. High lapel grip and make a throw of choice.

#### KATAME-WAZA (Grappling Techniques)

#### OSAEKOMI-WAZA (Holding Techniques) (5)

5. Kuzure-Yoko Shiho-Gatame      Variation Side Hold

#### SHIME-WAZA (Strangulations or Chokes) (5)

5. Kata-Juji-Jime      Half Cross Choke

#### KANSETSU-WAZA (Joint Locks) (2)

2. Waki-Gatame      Arm-Pit Arm Lock

#### FUSEGI (Escapes from matwork) (8)

4. Demonstrate all (4) of the prior escapes from Kesa-Gatame.
4. Demonstrate all (4) of the prior escapes from Yoko Shiho-Gatame

#### RANDORI (Free Practice)

#### NIKYU 2nd CLASS BROWN BELT REQUIREMENTS

#### ETIQUETTE @ UKEMI (Miscellaneous Techniques) (17)

\* Demonstrate all prior Belt Rank Requirements.

GOKYU-NO-WAZA (Throws of 40)(Dominant Side) (20)

- |                 |                  |
|-----------------|------------------|
| 17. Kosoto-Gari | Minor outer Hook |
| 18. Tsurigoshi  | Lifting Hip      |
| 19. Yoko-OToshi | Side Drop        |
| 20. Ashi-Guruma | Foot Whirl       |

NAGE-WAZA (Throwing Techniques) (Non Dominant Side) (6)

Choose any (6) throws from the previous (20) and throw from your Non Dominant side.

HAPPO-NO-KUZUSHI (8 directions to destroy your opponents balance)

\* Demonstrate all prior Belt Rank Requirements

RENWAKU-WAZA (Throwing Combinations) (17)

15. Any forward throw, grip of choice, to a Sutemi-Waza
16. Any grip and throw OSoto-Gari(Right side) then switch to a (Left side OSoto-Gari.
17. Put together (3) throws of your choice in a sequence.

KAESHI-WAZA (Counters Throws)(7)

7. Uke attacks OSoto-Gari, Tori counters with OSoto-Gaeshi.

KUMIKATA (Grips)(6)

6. Low lapel grip and make a throw of choice.

KATAME-WAZA (Grappling Techniques)

OSAEKOMI-WAZA (Holding Techniques)(6)

6. Uki-Gatame                      Floating Hold (Straddle)

SHIME-WAZA (Strangulations or Chokes) (6)

6. Sankaku-Jime                      Triangle Choke

KANSETSU-WAZA (Joint Locks) (3)

3. Ude-Garami                      Bent Arm Lock (Up Variation)

FUSEGI (Escapes from matwork) (12)

\* Demonstrate all prior Belt Rank Requirements.

4. Demonstrate all (4) escapes from Kesa-Gatame. (Scarf Hold)

4. Demonstrate all (4) escapes from Yoko Shiho-Gatame. (Side Hold)

Kami Shiho-Gatame ( Upper 4-Corner Hold) (4)

1. Demonstrate single roll escape.

2. Demonstrate double bridge and roll escape.

3. Demonstrate legs over.

4. Demonstrate press out to get to your knees.

RANDORI (Free Practice)

IKKYU 1st CLASS BROWN BELT REQUIREMENTS

ETIQUETTE @ UKEMI Miscellaneous Techniques (17)

\* Demonstrate all prior Belt Rank Requirements.

GOKYU-NO-WAZA (Throws of 40) (Dominant Side) (24)

- |                            |                         |
|----------------------------|-------------------------|
| 21. Hane-Goshi             | Sprinning Hip Throw     |
| 22. Harai-TSuri-Komio-Ashi | Sweeping Lift-Pull Foot |
| 23. Tomoe-Nage             | Circle Throw            |
| 24. Kata-Gatame            | Shoulder Whirl          |

NAGE-WAZA (Throwing Techniques)( Non Dominant Side )(8)

Choose (8) throws from previous (24) and throw Non Dominant side.

HAPPO-NO-KUZUSHI (8 directions to destroy your opponents balance)

\* Demonstrate all prior Belt Rank Requirements

RENWAKU-WAZA (Combination Techniques) (20)

18. Forward throws to a rear throw end up in any pin of choice.
19. Rear throw to your Tokui Waza (Favorite Throw)
20. Show an attack with a combination of 4 throws.

KAESHI-WAZA (Counter Throws) (9)

8. Uke attacks with Uki-Goshi, Tori counters with Utsuri-Goshi.
9. Uke attacks with Koshi-Guruma, Tori counters with Ushiro-Goshi.

KUMIKATA (Grips) (7)

7. Single Sleeve Grip and make a throw of choice.

KATAME-WAZA (Grappling Techniques)

OSAEKOMI-WAZA ( Holding Techniques) (6)

\* Demonstrate all prior Belt Rank Requirements

SHIME-WAZA (Strangulation or Chokes) (7)

7. Sode-Guruma-Jime                      Sleeve Wheel Choke

KANSETSU-WAZA (Joint Locks) (4)

4. Ude-Garami                              Bent Arm Lock (Down Variation)

FUSEGI (Escapes From Matwork) (12)

\* Demonstrate all prior Belt Rank Requirements escapes from matwork.

4. Kesa-Gatame

4. Yoko Shiho-Gatame

4. Kami Shiho-Gatame

RANDORI (Free Practice)

SHODAN 1st DEGREE BLACK BELT REQUIREMENTS

ETIQUETTE @ UKEMI Miscellaneous Techniques

\* Demonstrate all prior Belt Rank Requirements (17)

GOKYO-NO-WAZA (Throws Of 40) (Dominant Side) (30)

25. Sumi-Gaeshi	Corner Reversal
26. Tani-OToshi	Valley Drop
27. Hane-Maki-Komi	Springing Body Wrap
28. Suki-Nage	Scooping Throw

- 29. Utsuri-Goshi                                      Transferring Hip Throw
- 30. O-Guruma     Major Whirl Throw

NAGE-WAZA (Throwing Techniques) ( Non Dominant Side) (10)

Choose (10) throws from previous (30) and throw from Non Dominant Side.

HAPPO-NO-KUZUSHI (8 directions to destroy your opponents balance)

\* Demonstrate all previous Belt Rank Requirements.

8. Tori attacks the (8) angles of Uke. (Offensive Tactics) Explains possible throws by implementing angles to 22.5 degrees.

8. Uke attacks Tori (8) angles, Tori counters Uke for redirection. (Defensive Tactics) Explains 22.5 Degree for effective KUZUSHI.

RENWAKU-WAZA (Combination Techniques) (22)

21. Drop Knee Seoi-Nage to any Armlock.

22. Any FORWARD throw to OPPOSITE SIDE FORWARD throw to a pin.

KAESHI-WAZA (Counter Throw) (12)

10. Uke attacks with Ippon-Seoi-Nage, Tori steps over and throws for Ura-Nage.

11. Uke attacks with Ouchi-Gari, Tori counters with Morote Seoi-Nage.

12. Uke attacks with De-Ashi-Barai Tori counters with Tsubame-Gaeshi.

KUMI-KATA (Grips) (9)

8. Double sleeve grip and make a throw of choice.

9. Behind the neck grip and make a throw of choice.



KATAME-WAZA (Grappling Techniques)

OSAEKOMI-WAZA (Holding Techniques) (7)

7. Sankaku-Gatame                      Triangle Hold

SHIME-WAZA (Strangulations or Chokes) (8)

8. Kataha-Jime                          Single Wing Choke

KANSETSU-WAZA (Joint Locks) (5)

5. Ude-Gatame                          Normal Arm Lock

FUSEGI (Escapes from Matwork) (12)

\* Demonstrate all prior Belt Rank Requirements.

4. Kesa-Gatame

4. Kami Shiho-Gatame

4. Yoko Shiho-Gatame

RANDORI (Free Practice)

NIDAN 2nd DEGREE BLACK BELT REQUIREMENTS

ETIQUETTE @ UKEMI Miscellaneous Techniques (17)

\* Demonstrate all prior Belt Rank Requirements.

GOKYO-NO-WAZA (Throws of 40) ( Dominant Side) (40)

31. Soto-Maki-Komi                      Outside Body Wrap

32. Uki-Goshi                              Floating Hip

33. OSoto-Guruma	Major Outer Wheel
34.Uke-Waza	Floating Technique
35. Yoko-Wakare	Side Separation
36. Yoko-Guruma	Side Whirl
37. Ushiro-Goshi	Rear Hip
38. Ura-Nage	Back Throw
39. Sumi-OToshi	Corner Drop
40. Yoko-Gake	Side Dash

NAGE-WAZA (Throwing Techniques) (Non Dominant side) (14)

Choose any (14) throws from previous (40) and throw Non Dominant side.

HAPPO-NO-KUZUSHI (8 Directions to destroy your opponents balance)

\* Demonstrate all Prior Belt Rank Requirements.

8.Tori attacks the (8) angles of Uke.(Offensive Tactics) Explains

Possible throws by implementing 22.5 degrees.

8.Uke attacks Tori (8) angles, Tori counters Uke redirects the movement (Defensive Tactics) and explains 22.5 degree for effective KUZUSHI.

RENWAKU-WAZA ( Combination Techniques) (24)

23. Forward throw to your OPPOSITE Side TOKUI-WAZA ( Favorite Throw)

24. Ouchi-Gari to Kosto-Gari.

KAESHI-WAZA ( Counter Throws) (15)

13. Uke attacks with Kosoto-Gari Tori counters with Uchi-Mata.

14. Uke attacks with Kosoto-Gake Tori counters with Tai-OToshi.

15. Uke attacks with Hiza-Guruma Tori counters with Okuri-Ashi-Barai.

## KUMIKATA (Grips) (12)

10. High Sleeve grip and make a throw.
11. Under Elbow grip and make a throw
12. Double Lapel grip and make a throw.

## KATAME-WAZA ( Grappling Techniques)

### OSAEKOMI-WAZA ( Holding Techniques) (8)

8. Tate Shiho-Gatame                      Straddling hold

### SHIME-WAZA (Strangulations or Chokes) (9)

9. Ryote-Jime                                  Two Hand Choke

### KANSETSU-WAZA (Joint Locks) (6)

6. Te-Gatame                                  Hand Arm Lock

### FUSEGI (Escapes from matwork) (12)

\* Demonstrate all prior Belt Rank Requirements.

4. Kesa-Gatame
4. Yokoshiho-Gatame
4. Kamishiho-Gatame

### RANDORI (Free Practice)

## SANDAN 3rd DEGREE BLACK BELT REQUIREMENTS

### ETIQUETTE @ UKEMI Miscellaneous Techniques (17)

\* Demonstrate all Prior Belt Rank Requirements.

### SHIMESHO-NO-WAZA ( Newly Certified Techniques)(Dominant Side)(48)

41.Morote-Gari	Two Hand Reap
42. Kuchiki-Taoshi	Drop Tree Drop
43.Kibusi-Gaeshi	Heel Trip
44.Uchi-Mata Sukashi	Inner Thigh Avoidance
45.Kouchi Gaeshi	Minor Inner Reap Counter
46. Daki-Age	High Lift
47.Tsubame-Gaeshi	Swallow Counter
48. OSoto- Gaeshi	Major Outer Counter

### NAGE-WAZA (Throws) (Non Dominant Side)(18)

Choose any (18) throws of the previous (48) throws and throw from the Non Dominant side.

### HAPPO-NO-KUZUSHI (8 Directions to destroy your opponents Balance)

\* Demonstrate all prior Belt Rank Requirements.

8. Tori attacks the (8) angles of Uke. (Offensive Tactics) Tori explains the possible throws by implementing 22.5 degrees.

8. Uke attacks Tori (8) angles, Tori counters Uke and redirects the movement (Defensive Tactics) and explains 22.5 degree for effective KUZUSHI and explains possible throws from each angle.

### RENWAKU-WAZA (Combinations Techniques) (24)

\* Demonstrate all prior Belt Rank Requirements.

### KAESHI-WAZA ( Counter Throws) (17)

16. Uki attacks with OSoto-Gari Tori counters with Sumi-OToshi.
17. Uki attacks with Harai-Goshi Tori counters with Yoko-Guruma.

## KUMIKATA (Grips) (12)

\* Demonstrate all prior Belt Rank Requirements.

## KATAME-WAZA (Grappling Tech)

### OSAEKOMI-WAZA (Holding Techniques) (9)

9. Ushiro-Kesa-Gatame                      Reverse Scarf Hold

### SHIME-WAZA (Strangulations or Chokes) (10)

10. Tsukkomi-Jime                      Thrust Choke

### KANSETSU-WAZA (Joint Locks) (7)

7. Sankaku-Garami                      Triangle Arm Lock

### FUSEGI (Escapes from Matwork) (12)

\* Demonstrate all Prior Belt Rank Requirements.

4. Demonstrate escapes from Kesa-Gatame.
4. Demonstrate escapes from Yoko Shiho-Gatame.
4. Demonstrate escapes from Kami Shiho-Gatame.

## RANDORI (Free Practice)



