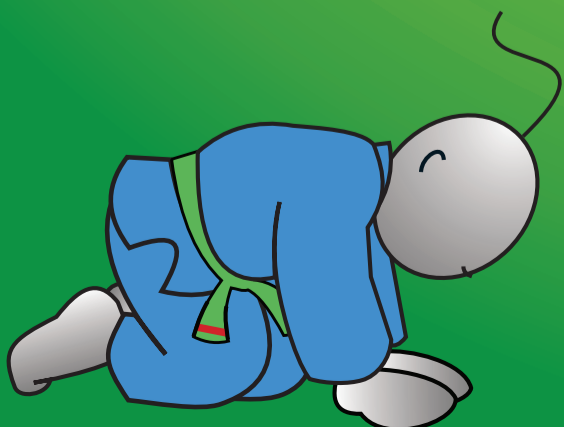
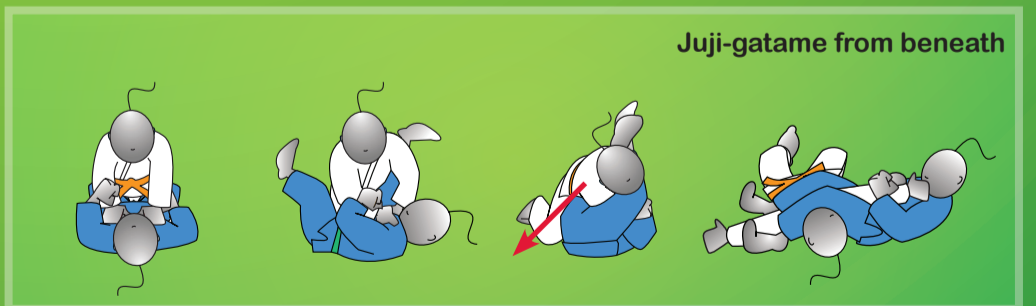
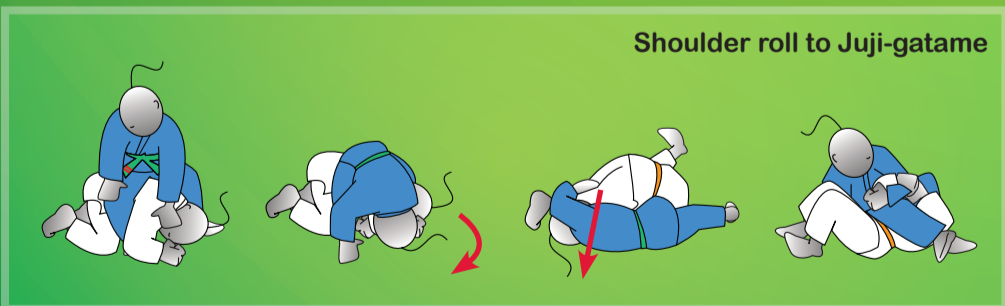
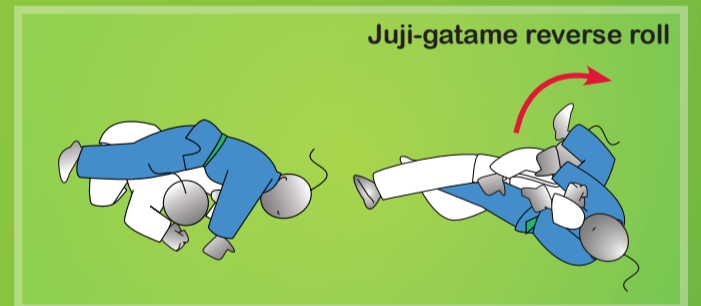
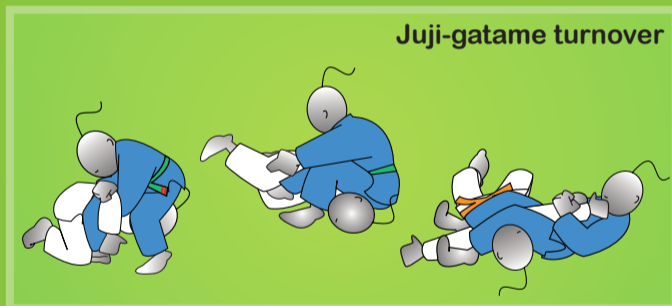
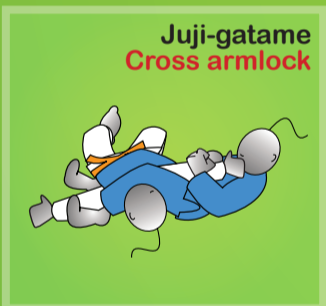
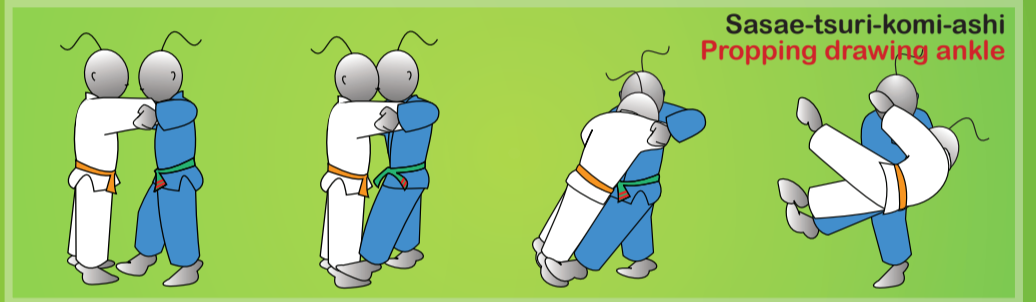
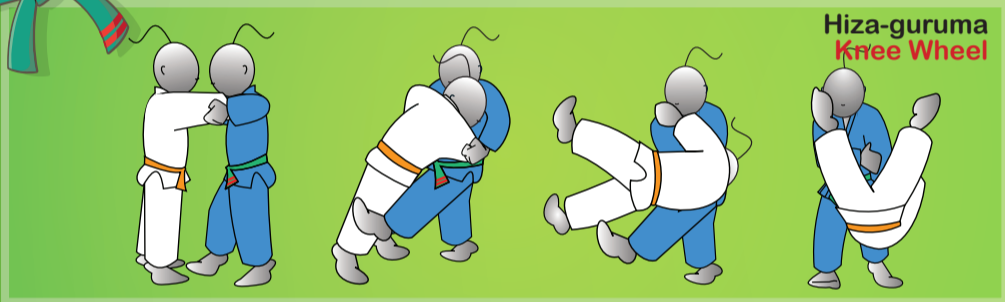
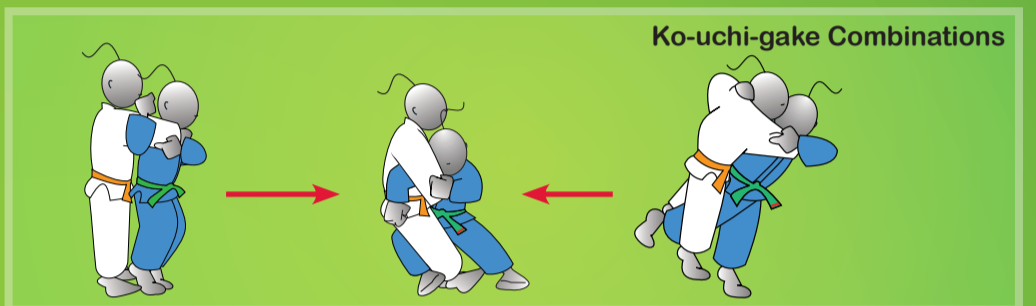
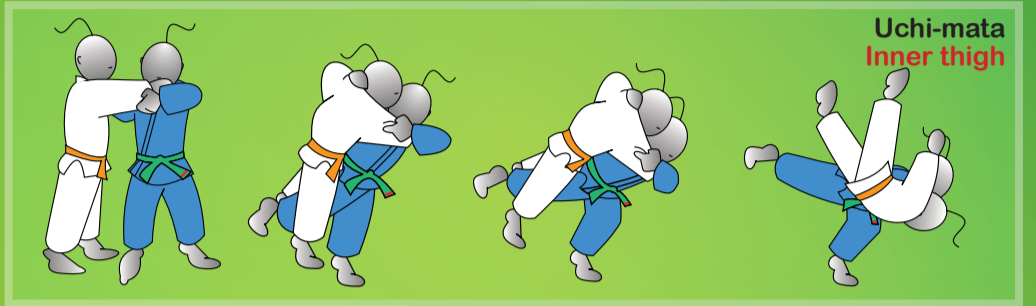
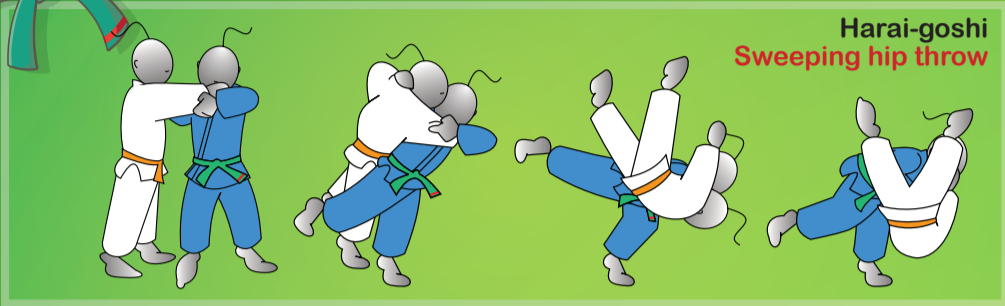




SYLLABUS

10TH MON TO 12TH MON



REQUIREMENTS

From 10th Mon onwards you can learn Kansetsu-waza (armlocks). You must remember to ALWAYS demonstrate armlocks in a slow and controlled manner and you should NEVER apply pressure to the level of submission.

Kansetsu-waza = armlocks
Kumi-kata = gripping
Kaeshi-waza = counters

Renzoku-waza = combinations in the same direction
Renraku-waza = combinations in different directions.

