

Blue to Green Curriculum

3 Points

- 1) Embrace Repetition and Refinement
- 2) Become a Better Uke
- 3) Command at Anytime

Kokoro Series

- The Time is NOW
- Pushing Buttons
- The Mind Leads the Body
- Obstacles
- Martial Arts Begins and Ends With Sincerity

Kihon

Atemi

Shotei

Ukemi

Shiko Walk

Drills

Ippon Kumite (5)

Ne Waza

Guard Pass

Horse-bites

(Targets, Strikes, etc. to Standing)

Break and Cross Knee Pass

Break and Same Side Knee Pass

Guard Sweeps (*Know 2*)

Scissor Sweep

Pendulum Sweep

Back Sweep

Guard Submissions (*Know 2*)

5 Point Armbar

Triangle Choke

Kimura/Ude Garami

(Bent Arm Lock)

Partner Drills

Close Guard Swivel/Sheer

Open Guard Pass Drill

Guard Recovery

(Each Side and Overhead)

Situational Drilling From Guard

Goshinjutsu

Kick Defense

Straight and Rounding Kicks

Grabs / Attacks

Hair / Hood Grab (Front and Rear)

Nage Waza

All Throws Linear, Circular, and Yakusoku Geiko (agreed upon practice, i.e., one-for one)

Harai Goshi

Morote Seoinage

Ippon Seoinage

Kata

Konsho

Pinan Sandan