

# Green to Brown III Curriculum

## 3 Points

- 1) Jump in Power, Command of Basics
- 2) Experience with Knife
- 3) Mindful of Your Skills/ Tools to Use

## Kokoro Series

- Argue for Your Limitations
- Practice
- Support Classmates

## Goshinjutsu *(Philosophy)*

Why Me?

## Kihon

### Pins

Seiza  
Sankyo  
Shihonage  
Standing Ikkyo

### Ukemi

Aerials

### Drills

Tap-Tap  
Pinning Series

## Ne Waza

### Side Control (Top)

Hop Up Knee on Belly, Strikes, Up and Out  
Ude Garamme, Straight, Reversed

### Half Guard Pass (Top)

Esgrima Pass  
Reverse Knee Cut Pass

### Side Control (Bottom)

Same Side Hip Escape  
Far Side Hip Escape

### Half Guard Escapes (Bottom)

Hip Escape (windmill leg to base drill)  
Frame, Underhook, Duck under, Take back

### Position Drill Top Control Position

Top Control Position

### Situational Drilling for Side Control and Half Guard

## Goshinjutsu

### Knife

Front Slash  
Back Slash  
Overhead (Reverse Grip)

Knife to Throat  
Straight Thrust / Upper Cut

### Grabs / Attacks

Full Nelson  
Chicken Wings  
Chest Push

## Nage Waza

*Taiatari (2 for Each Attack)*

Double Wrist Grab  
Overhead Strike

Roundhouse Punch  
Upper Cut

Straight Punch

## Kata

Konni

Pinan Yondan