



SAN KAI DO

JAPANESE ALLROUND FIGHTING

DRILLS & SYLLABUS

INNEHÅLL

SYLLABUS

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SAN KAI DO

SYLLABUS

10th KYU

(red belt)

Knowledge of Dojo Etiquette and Procedures.

STANCES	Fudo Dachi Yoi Dachi Kumite Dachi Hiza Osaekomi
CLINCH	Jodan Kurinchi Chudan Kurinchi
BREAKFALLS	Ukemi Waza
BLOCKS	Shotei Uke Sune Uke Mawashi Uke
STRIKES	Oi Tsuki Gyaku Tsuki
KICKS	Gedan Mawashi Geri Chudan Mawashi Hiza Geri
THROWS & TAKEDOWNS	Maki Komi Nage Soto Gake
CONTROL POSITIONS	Asae Tate Shiho Gatame Yoku Shiho Gatame Ebi
JOINT LOCKS	Juji Gatame Juji Kaiten Gatame
COMBINATIONS & DRILLS	4 Fighting Combinations Basic Grappling Drill Number One Basic Grappling Drill Number Two
SPARRING	5 Rounds All Round Fighting

The minimum active training period is 4 months.

9th KYU

(red belt with one blue stripe)

STANCES	Moro Ashi Dachi
BLOCKS	Soto Uke Jodan Age Hiji Uke Chudan Hiji Uke
STRIKES	Jodan Mawashi Uchi Chudan Mawashi Uchi
KICKS	Chudan Mae Hiza Geri Chudan Mae Geri Chudan Mawashi Geri
THROWS & TAKEDOWNS	Uchi Gake O Goshi Kani Basami Ura Kani Basami
CONTROL POSITIONS	Kesa Gatame Hiza Asae Hebi
JOINT LOCKS	Kimura Ude Garami
COMBINATIONS	4 Fighting Combinations Basic Grappling Drill Number Three Basic Grappling Drill Number Four
SPARRING	5 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

8th KYU

(blue belt).

BOBBING AND WEAVING	To avoid punches and strikes to the head
BLOCKS	Osae Uke Jodan Juji Uke Sune/Kote Uke
STRIKES	Jodan Age Uchi Chudan Shita Tsuki
KICKS	Uchi Momo Geri Jodan Mawashi Geri
THROWS & TAKEDOWNS	Kibisu Gaeshi Sukui Nage Morote Gari
CONTROL POSITIONS	Ushiro Gatame Bunri Asae
JOINT LOCKS	Kata Ashi Hishigi Kannuki Gatame Ashi Gatame
STRANGLES & CHOKES	Ebi Garami Kata Gatame
COMBINATIONS	4 Fighting Combinations Basic Grappling Drill Number Five Basic Grappling Drill Number Six
SPARRING	5 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

7th KYU

(blue belt with one yellow stripe)

STANCES	Kakutou Dachi
BLOCKS	Kote Uke Gedan Barai Gedan Uke
STRIKES	Jodan Uraken Yoku Uchi Jodan Ura Uraken Yoku Uchi
KICKS	Jodan Kake Geri Chudan Ushiro Geri Jodan Ushiro Mawashi Geri
THROWS & TAKEDOWNS	Osae Nage Uki Waza
CONTROL POSITIONS	Kami Shiho Gatame Ura Shiho Gatame Hiza Asae
JOINT LOCKS	Ashi Hiza Gatame Ashi Garami Hiru Garami
STRANGLES & CHOKES	Kata Te Jime Sankaku Jime
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SPARRING	5 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

6th KYU
(yellow belt)

BLOCKS	Kei Uke Morote Kei Uke Jodan Uke
STRIKES	Chudan Hiji Uchi Jodan Hiji Uchi
KICKS	Chudan Kakato Geri Oroshi Soto Kakato Geri Oroshi Uchi Kakato Geri
THROWS & TAKEDOWNS	Sumi Gaeshi Sune Ashi Barai
CONTROL POSITIONS	Kurosu Asae Kumo Asae
JOINT LOCKS	Kubi No Kuranaku Hiza Hishigi
STRANGLES & CHOKES	Juji Jime Eri Kire Jime
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SPARRING	10 Rounds all round fighting

The minimum active training time in grade is 4 months.

5th KYU

(yellow belt with one green stripe)

BLOCKS	Sune/Kote Uke
STRIKES	Jodan Age Hiji Uchi Jodan Oroshi Hiji Uchi Sankaku Oroshi Hiji Uchi
KICKS	Gedan Uchi Geri Chudan Uchi Geri Jodan Uchi Geri
THROWS & TAKEDOWNS	Ippon Seoi Nage Ura Nage
JOINT LOCKS	Waki Gatame Hantai Ude Kujiki
STRANGLES & CHOKES	Tsuki Komi Jime Hadaka Jime
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SPARRING	10 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

4th KYU
(green belt)

BLOCKS	Gedan Hiji Uke
STRIKES	Jodan Shotei Uchi Jodan Mawashi Shotei Uchi
KICKS	Gedan Yoko Kakato Geri Chudan Yoko Kakato Geri Ushiro Yoko Kakato Geri
THROWS & TAKEDOWNS	Yoko Wakare Victor Nage
JOINT LOCKS	Ude Gatame Ashi Hiza Garami Ashi Hiji Garami
STRANGLES & CHOKES	Sode Jime Okuri Eri Jime
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SABAKI	2 Minutes Continuous
SPARRING	10 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

3rd KYU

(green belt with one brown stripe)

BLOCKS	Shotei/Kake Uke
STRIKES	Tettsui Oroshi Uchi Tettsui Yoku Uchi Tettsui Komekami
KICKS	Gedan Hiza Geri Tobi Hiza Geri
THROWS & TAKEDOWNS	Tani Otoshi Kata Guruma
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SABAKI	2 Minutes Continuous
SPARRING	10 Rounds All Round Fighting

The minimum active training time in grade is 4 months.

2nd KYU
(brown belt).

STRIKES	Oroshi Gyaku Tsuki
KICKS	Sankaku Geri Kansetsu Geri
THROWS & TAKEDOWNS	Harai Goshi Kani Waza
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SABAKI	2 Minutes Continuous
SPARRING	15 Rounds All Round Fighting

The minimum active training time in grade is 6 months.

1st KYU

(brown belt with one black stripe)

KICKS	Jodan Mae Geri Jodan Yoko Kakato Geri
THROWS & TAKEDOWNS	Kubi Nage Maki Komi
COMBINATIONS	4 Fighting Combinations 2 Grappling Combinations
SABAKI	2 Minutes Continuous
SPARRING	15 Rounds All Round Fighting

The minimum active training time in grade is 6 months.

SHODAN

(black belt with one gold stripe)

COMBINATIONS	10 Fighting Combinations 2 Grappling Combinations
SABAKI	3 Minutes Continuous
SPARRING	20 All Round Fighting

The minimum active training time in grade is 1 year.

NIDAN

(black belt with two gold stripes)

Techniques and Combinations from previous grades.

COMBINATIONS	10 Fighting Combinations 2 Grappling Combinations
SABAKI	4 Minutes Continuous
SPARRING	25 All Round Fighting

The minimum active training time in grade is 2 years.

SANDAN

(black belt with three gold stripes).

Techniques and Combinations from previous grades.

COMBINATIONS	10 Fighting Combinations 2 Grappling Combinations
SABAKI	5 Minutes Continuous
SPARRING	30 Rounds All Round Fighting

The minimum active training time in grade is 3 years.

BELT SYSTEM

10 th Kyu		Jukyu	Red Belt
9 th Kyu		Kukyu	Red Belt with a blue stripe
8 th Kyu		Hachikyu	Blue Belt
7 th Kyu		Shichikyu	Blue Belt with a yellow stripe
6 th Kyu		Rokukyu	Yellow Belt
5 th Kyu		Godankyu	Yellow Belt with a green stripe
4 th Kyu		Yonkyu	Green Belt
3 rd Kyu		Sankyu	Green Belt with a brown stripe
2 nd Kyu		Nikyu	Brown Belt
1 st Kyu		Ichikyu	Brown Belt with a black stripe
1 st Dan		Shodan	Black Belt with one gold stripe
2 nd Dan		Nidan	Black Belt with two gold stripes
3 rd Dan		Sandan	Black Belt with three gold stripes
4 th Dan		Yondan	Black Belt with four gold stripes
5 th Dan		Godan	Black Belt with five gold stripes
6 th Dan		Rokudan	Black Belt with six gold stripes
7 th Dan		Shichidan	Black Belt with seven gold stripes
8 th Dan		Hachidan	Black Belt with eight gold stripes
9 th Dan		Kudan	Black Belt with nine gold stripes
10 th Dan		Judan	Black Belt with ten gold stripes

SHOGU (RENSHI) BELTS

2-3 Dan	
4-5 Dan	
6-7 Dan	
8-10 Dan	
Branch Chief	

The shogo titles are independent of dan level and do not effect it. In other words, a promotion to one of these titles does not raise the practitioners dan level. Earning the minimum rank is not enough. The teacher must also be nominated and approved for the title. They are awarded to teachers who have given something back to the organization he belongs to.

The three commonly used shogo titles are renshi, kyoshi, and hanshi. Some organizations will use the title shihan instead of hanshi. Other organizations will use the title shihan in addition to hanshi, independently of the formal shogo system.

GRADING PROCEDURE

Line up procedure

In front of the Shomen/Shinden is the Grading officer. The first row facing the grading officer are the Renshi grades. Behind them are the blackbelts followed by the students in grade order.

Line up

Start of the test.

Warm up

Basic Grappling Drills, as stated in the Syllabus x 2 minutes. Student's above 8 Kyu will also perform two Basic Grappling Drills.

Fighting Combinations

On command from the Grading Officer on a count 5 to 10 times on each combination.

Grappling Drills

On command from the Grading Officer on a count 5 to 10 times on each combination.

Sabaki

2 to 5 minutes as stated in the Syllabus.

Fighting

2 minutes all round fighting rounds, number of rounds as stated in the Syllabus.

Line up

Short break before certifications.

Line up

Ending of the test with results and certification (after finishing the test the photo session, group and individual will take part)

Blackbelt test

1st Dan Combination numbers: 2, 4, 6, 8, 10, 12, 14, 16, 18 and 20

2nd Dan Combination numbers: 17, 19, 21, 23, 25, 27, 29, 31, 33 and 35

3rd Dan Combination numbers: 22, 24, 26, 28, 30, 32, 34, 36, 38 and 40

SAN KAI DO - JAPANESE ALLROUND FIGHTING LEXICON

Numbers

Ichi	one
Ni	two
San	three
Shi/Yon	four
Go	five
Roku	six
Shichi	seven
Hachi	eight
Ku	nine
Ju	ten

Commands

Rei	bow
Yoi	be ready
Kamaete	take up stance
Naotte	return to ready stance
Yasume	relax
Hajime	begin
Yame	stop
Mokuso	meditate
Seiza	sit down
Zazen	sitting position

Levels

Gedan	low
Chudan	middle
Jodan	high

Miscellaneous

Bunkai	application
Tore	the principal
Uke	the assistant
Dojo	training gymnasium
Gi	training uniform
Obi	belt
Dan	black belt grade
Kyu	coloured belt grade
Hidari	left
Migi	right
Mawatte	turn

Technical Titles

Kohai	student
Sempai	senior/trainer
Sensei	teacher
Shihan	master

Instructor Titles for grading officers

Renshi Sho	lesser polished teacher
Renshi Dai	greater polished teacher
Kyoshi	expert teacher
Hanshi	exemplary teacher

SKD Geri (kicks)

10 Kyu	Chudan Mawashi Hiza Geri (roundhouse kick to the body)
10 Kyu	Gedan Mawashi Geri (roundhouse kick to the leg)
9 Kyu	Chudan Mae Geri (front kick to the body)
9 Kyu	Chudan Mae Hiza Geri (straight knee to the body)
9 Kyu	Chudan Mawashi Geri (roundhouse knee to the body)
8 Kyu	Jodan Mawashi Geri (roundhouse kick to the head)
8 Kyu	Uchi Momo Geri (inside thigh kick)
7 Kyu	Jodan Kake Geri (triangle heel kick)
7 Kyu	Jodan Ushiro Mawashi Geri (spinning roundhouse kick to the head)
7 Kyu	Chudan Ushiro Geri (spinning back kick)
6 Kyu	Oroshi Soto Kakato Geri (outside descending heel kick)
6 Kyu	Oroshi Uchi Kakato Geri (inside descending heel kick)
6 Kyu	Chudan Kakato Geri (heel kick to the body)
5 Kyu	Chudan Uchi Geri (reversed triangle kick to the body)
5 Kyu	Jodan Uchi Geri (reversed triangle kick to the head)
5 Kyu	Gedan Uchi Geri (reversed triangle kick to the leg)
4 Kyu	Ushiro Yoko Kakato Geri (spinning back heel kick)
4 Kyu	Chudan Ushiro Yoko Kakato Geri (side heel kick to the body)
4 Kyu	Gedan Yoku Kakato Geri (side heel kick to the leg)
3 Kyu	Tobi Hiza Geri (jumping knee to the head)
3 Kyu	Gedan Hiza Geri (knee to the leg)
2 Kyu	Chudan Sankaku Geri (triangle kick)
2 Kyu	Kansetsu Geri (triangle front kick)
1 Kyu	Jodan Mae Geri (front kick to the head)
1 Kyu	Jodan Yoko Kakato Geri (side heel kick to the head)

SKD Kansetsu Waza (joint locks)

10 Kyu	Juji Gatame (armbar)
10 Kyu	Juji Kaiten Gatame (spinning armbar)
9 Kyu	Kimura (reversed fig. 4 arm lock)
9 Kyu	Ude Garami (fig. 4 arm lock)
8 Kyu	Kata Ashi Hishigi (calf crush)
8 Kyu	Ashi Gatame (leg bar)
8 Kyu	Kannuki Gatame (bolt lock)
7 Kyu	Ashi Garami (fig. 4 ankle lock)
7 Kyu	Hiru Garami (heel hook)
7 Kyu	Ashi Hiza Gatame (knee bar)
6 Kyu	Kubi No Kuranaku (neck crank)
6 Kyu	Hiza Hishigi (knee crush)
5 Kyu	Hantai Ude Kujiki (straight fig. 4 armlock)
5 Kyu	Waki Gatame (shoulder lock)
4 Kyu	Ashi Hiza Garami (key lock to the knee)
4 Kyu	Ashi Hiji Garami (key lock to the elbow)
4 Kyu	Ude Gatame (reverse armbar)

SKD Atemi (punches)

10 Kyu	Oi Tsuki (front punch)
10 Kyu	Gyaku Tsuki (rear punch)
9 Kyu	Jodan Mawashi Uchi (hook to the head)
9 Kyu	Chudan Mawashi Uchi (hook to the body)
8 Kyu	Jodan Age Uchi (uppercut to the jaw)
8 Kyu	Chudan Shita Tsuki (close punch to the body)
7 Kyu	Jodan Uraken Yoku Uchi (back fist to the head)
7 Kyu	Jodan Ura Uraken Yoku Uchi (spinning back fist to the head)
6 Kyu	Chudan Hiji Uchi (elbow strike to the body)
6 Kyu	Jodan Hiji Uchi (elbow strike to the head)
5 Kyu	Jodan Age Hiji Uchi (rising elbow strike to the head)
5 Kyu	Jodan Oroshi Hiji Uchi (descending elbow strike)
5 Kyu	Sankaku Oroshi Hiji Uchi (triangle elbow strike)
4 Kyu	Jodan Shotei Uchi (palm heal strike to the head)
4 Kyu	Jodan Mawashi Shotei Uchi (open hand hook to the head)
3 Kyu	Tettsui Oroshi Uchi (descending hammer strike)
3 Kyu	Tettsui Yoku Uchi (inside hammer strike)
3 Kyu	Tettsui Komekami (outside hammer strike)
2 Kyu	Oroshi Gyaku Tsuki (decending rear punsch)

SKD Uke (blocks)

10 Kyu	Mawashi Uke (roundhouse block)
10 Kyu	Shotei Uke (open hand block)
10 Kyu	Sune Uke (shin block)
9 Kyu	Chudan Hiji Uke (descending elbow block)
9 Kyu	Jodan Age Hiji Uke (rising elbow block)
9 Kyu	Soto Uke (outside block)
8 Kyu	Osae Uke (pressing palm block)
8 Kyu	Sune/Kote Uke (shin and forearm block)
8 Kyu	Jodan Juji Uke (high cross block)
7 Kyu	Gedan Barai (low parry)
7 Kyu	Gedan Uke (low block)
7 Kyu	Kote Uke (forearm block)
6 Kyu	Jodan Uke (high block)
6 Kyu	Kei Uke (covering block)
6 Kyu	Morote Kei Uke (double covering block)
5 Kyu	Shotei/Kote Uke (palm and forearm block)
4 Kyu	Gedan Hiji Uke (low elbow block)
3 Kyu	Shotei/Kake Uke (palm and inside block)

SKD Shime Waza (chokes)

8 Kyu	Ebi Garami (guillotine)
8 Kyu	Kata Gatame (shoulder choke)
7 Kyu	Kata Te Jime (single hand choke)
7 Kyu	Sankaku Jime (triangle choke)
6 Kyu	Juji Jime (cross strangle)
6 Kyu	Eri Kire Jime (lapel/neck choke)
5 Kyu	Tsuki Komi Jime (striking cross choke)
5 Kyu	Hadaka Jime (rear naked strangle)
4 Kyu	Okuri Eri Jime (rear choke with Gi)
4 Kyu	Sode Jime (lapel choke)

SKD Osaekomi Waza (control positions)

10 Kyu	Asae (guard)
10 Kyu	Tate Shiho Gatame (mount)
10 Kyu	Yoku Shiho Gatame (side mount)
10 Kyu	Hiza Osaekomi (knee mount)
9 Kyu	Kesa Gatame (scarf hold)
8 Kyu	Ushiro Gatame (rear mount)
8 Kyu	Bunri Asae (butterfly guard)
7 Kyu	Ura Shiho Gatame (back mount)
7 Kyu	Hiza Asae (half guard)
7 Kyu	Kami Shiho Gatame (reversed mount)
6 Kyu	Kurosu Asae (cross guard)
6 Kyu	Kumo Asae (spider guard)

SKD Dachi (stances)

10 Kyu	Fudo Dachi (ready stance)
10 Kyu	Kumite Dachi (fighting stance)
10 Kyu	Yoi Dachi (steady stance)
9 Kyu	Moro Ashi Dachi (short fighting stance)
7 Kyu	Kakutou Dachi (grappling stance)

SKD Nage Waza (throws and takedowns)

10 Kyu	Maki Komi Nage (forward rolling throw)
10 Kyu	Soto Gake (outer leghook)
9 Kyu	Uchi Gake (inside leg hook)
9 Kyu	O Goshi (large hip throw)
9 Kyu	Kani Basami (scissor sweep)
9 Kyu	Ura Kani Basami (reversed scissor sweep)
8 Kyu	Kibisu Gaeshi (single leg takedown)
8 Kyu	Morote Gari (double leg takedown)
8 Kyu	Sukui Nage (scooping throw)
7 Kyu	Osae Nage (pressing throw)
7 Kyu	Uki Waza (backwards throw)
6 Kyu	Sune Ashi Barai (leg sweep)
6 Kyu	Sumi Gaeshi (rolling backwards takedown)
5 Kyu	Ippon Seoi Nage (shoulder throw)
5 Kyu	Ura Nage (backward throw)
4 Kyu	Victor Nage (rolling leg throw)
4 Kyu	Yoko Wakare (side takedown)
3 Kyu	Kata Guruma (fireman's carry)
3 Kyu	Tani Otoshi (takedown from behind)
2 Kyu	Harai Goshi (reaping hip throw)
2 Kyu	Kani Waza (scissors throw)
1 Kyu	Kubi Nage (neck throw)
1 Kyu	Maki Komi (sacrifice throw)

SKD Kurinchi (clinch)

10 Kyu	Jodan Kurinchi (high clinch)
10 Kyu	Chudan Kurinchi (low clinch)

SKD Ukemi Waza (breakfalls)

10 Kyu	Oi/Ushiro/Yoko Ukemi Waza (breakfalls forward/backwards/to the side)
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Basic Movment

10 Kyu	Ebi (shrimp move)
9 Kyu	Hebi (snake move)

Organisation Titles SKD

Kaicho Branch Chief

Cermonial location

Shinden altar on the front wall

Shomen head wall/front

Cermonial

To show respect a budo person always bow when entering or leaving a Dojo it's also generally that one bow to the highest in rank.

When bowing the word "osu" is used except when bowing to the Shomen

The beginning and end of training

Shinden or Shomen Ni Rei (bow to the altar/front)

Shihan Ni Rei (bow to the master)

Sensei Ni Rei (bow to the instructor)

Sempai Ni Rei (bow to the trainer)

Otagai Ni Rei (bow to each other)

Domo Arigato Gozaimashita (thank you very much) only in the end of session

Procedures

The leader asks the assistant to line up

First row is for the renshi-grades

Second row are for Dan-grades

Rows behind are for Kyu-grades

The line up is in a falling grade with the highest to the right when facing Shomen and the one highest in first row is called assistant in the following text.

The leader takes his place in front of the Shomen towards the rows.

The assistant in the front row gives the command "Fudo Dachi".

The leader turns towards Shomen and sits down in Zazen

When the leader is seated the assistant gives the command "Seiza" to everybody.

When all are sitting down, he gives the command "Shomen Ni Rei" and everybody bows silently.

The leader turns around and the assistant gives the command "Mokuso", when he hears that everybody are relaxed he gives the command "Mokuso yame" followed by the bowing procedure.



SAN KAI DO

GRAPPLING DRILLS & COMBINATIONS

BASIC GRAPPLING DRILL ONE 10TH KYU

(Red Belt)

Part One

Basic position in opponents Guard

- Putting your hands on opponents hips, straighten your back
- Start breaking the Guard by lowering your position to the left, at the same time push your elbow inside his right thigh. Slide out with your hand to his knee and push it to the ground hiding your arm with your body. Your right hand controlling his left leg.
- Left knee slide over opponent's thigh locking his leg with your ankle. Lowering your body against his heart and at the same time your left arm goes under his neck. Right hand goes under his left arm to the shoulder as you lean forward Straighten your right leg and pass with your right knee inside his right thigh close to the groin.
- Lift out both feet and establish Mount.

Part Two

Basic position on your back with opponent in Mount

- Hands in guard position close to your face
- Left hand underhook opponents right arm and left foot over hooks opponents right leg
- Bridge and at the same time push with your right elbow inside opponent's armpit pushing opponent over your left shoulder.
- As opponent loses his balance grab with your right hand behind his neck, allowing his weight pulling you up in his Guard.

Part Three

- Put Part One and Two together and repeat in a circular drill.

BASIC GRAPPLING DRILL TWO 10TH KYU

(Red Belt)

Part One

Basic position Mount

- Control your opponent's right arm by pulling it towards you and lean with your chest on his elbow, control your balance with your left arm.
- Slide with your knee towards opponents head as you stand on your right foot, at the same time left hand goes over opponent's face to the floor
- Straighten your back and perform Juji Gatame

Part Two

Opponent performs Juji Gatame

- Escape by turning towards your opponent as he leans back and roll up into the his centreline keeping your weight on your opponent's leg
- Put your left hand beside opponents left side of his head and jerk your arm right arm free
- Grab with your right hand under opponents head and twist with your right hip and slide into Side Mount
- Mount

Part Three

- Put Part One and Two together and repeat in a circular drill.

BASIC GRAPPLING DRILL THREE 9TH KYU

(Red Belt with One Blue Stripe)

Part One

Basic position on your back with opponent in Mount

- Bridge and Shrimp Move to your left under your opponent. Left elbow blocking opponent's right knee and right foot underhooking opponent's right foot by the ankle of his foot.
- Pull your left knee towards you under opponent's leg as you lift his foot with your foot.
- Shrimp Move to your right and at put your right leg in the hollow of the knee of your opponent.
- Left hand grabbing opponent's back, at the same time pull your right knee between opponent's legs ending up with your right foot inside opponents left thigh.
- Take Guard by pulling with your left arm and pushing with your right knee to opponents left side. As opponent loses his balance straighten your right leg
- Guard

Part Two

Basic position on your back with opponent in Guard

- Grab opponent's right arm with your left and your right hand behind his neck
- Push with your right elbow against opponents chest to make distance and at the same time Shrimp Move to your right
- Pull your right shinbone over opponents stomach and pull him towards you
- Scissor Sweep and at the same time grab behind opponents neck with your right hand
- Mount.

Part Three

- Put Part One and Two together and repeat in a circular drill.

BASIC GRAPPLING DRILL FOUR 9TH KYU

(RED BELT WITH ONE BLUE STRIPE)

Part One

Tore: Side Mount on your right side performing Ude Garami on your left arm

- Take your right hand over opponent's left arm and put your hand in between the grab of your wrist
- Straighten your right arm to escape the lock as you roll back bridge and push with your left biceps on opponent's right side of the head by straightening your arm.
- Shrimp Move when you are in top position of the bridge and at the same time push your right elbow inside opponents left leg close to the groin.
- Left hand grabbing opponent's back, at the same time right knee goes under opponent's stomach ending up with your right foot inside opponents left thigh.
- Take Guard by pulling with your left arm and pushing with your right knee to opponents left side. As opponent loses his balance straighten your right leg.
- Guard

Part Two

Tore: Basic position on your back with opponent in Guard

- Grab opponent's right arm with your left and your right hand behind his neck
- Push with your right elbow against opponents chest to make distance and at the same time Shrimp Move to your right
- Pull your right shinbone over opponents stomach
- Sit up and grab over opponents back with your right hand as you lay down pull your opponent with you
- Reversed Scissor Sweep
- Side Mount

Part Three

- Put Part One and Two together and repeat in a circular drill.

BASIC GRAPPLING DRILL FIVE 8TH KYU

(BLUE BELT)

Part One

Basic position: opponent in your Guard

Uke: grabs your right leg attempting Kata Ashi Hishigi leaning to the side

• Raising your right hip and pushing down his foot from your stomach, push down his knee and move into Mount by underhooking opponent's left arm with your right hand

- Mount
- Side Mount
- Kimura

Part Two

Basic position: Mount

Change position to Side Mount and attempt Kimura

Uke: Stops your movement by placing his right hand temporarily on your left hip, then puts his right forearm to the floor right and raises his upper body as he performs snake move escaping the lock. Straighten his right arm to get in a high position trying to put pressure with his body against you.

- Counter attack by rotating clockwise as you putting pressure and forcing your opponent to pull you in to his Guard
- Kata Ashi Hishigi on Uke's right leg leaning to the side

Part Three

- Put Part One and Part Two together and repeat in a circular drill.

BASIC GRAPPLING DRILL SIX 8TH KYU

(Blue Belt)

Part One

Basic position opponent in Side Mount

- Grab Uke around the waist, bridge and slide out, turn towards his back
- Reversed Mount
- Take Ukes arm and roll down on your shoulder
- Waki Gatame

Part Two

Basic position Reversed Mount on your Uke

- Waki Gatame

Uke: somersaults to escape

- Juji Gatame

Uke: escapes Juji Gatame by going under your leg ending up in Side Mount

- Pull Uke's head towards you and at the same time put your elbow onto his hip and roll your Uke
- Side Mount

Part Three

- Put Part One and Part Two together and repeat in a circular drill.

GRAPPLING COMBINATION: ONE, 7TH KYU (Blue Belt with One Yellow Stripe)

Kakutou Dachi:

- High clinch
- Right Uchi Gari with your right arm behind Uke's neck
- Mount and attempt Sode Jime

Uke: Pushes with his left hand behind your right elbow and at the same time bridges and performs Elbow Knee escape into Half Guard by Overhooking your right ankle with his right heel

- Centre your body over Uke

Uke: Overhooks your right arm with his left arm raises his left hip and attempts to roll you over

- You resist and push against your Uke

Uke: Lays back and rolls you to his left by pushing with his right hand on your bicep and twists with his legs

- Half Guard
- Shrimp Move into Butterfly Guard
- Overhook Uke's left arm with your right arm and grab his neck with your left hand and push yourself up into sitting position
- Roll onto your back and sweep your Uke to your right (one foot lift sweep)
- Mount
- Kata Te Jime

Naotte!

GRAPPLING COMBINATION: TWO, 7TH KYU (Blue Belt with One Yellow Stripe)

Kakutou Dachi:

- High Clinch
- Uki Waza
- Mount

Uke: With both hands on your hips, Uke bridges upwards and pulls his knees between your legs into Butterfly Guard.

- Grab Uke's feet's with your fingers pointing towards you and push Uke's feet against the floor and jump over Uke's legs
- Side Mount

Uke: Straightens his right arm and pushes against you with his right bicep and as you resist he grabs, bridges and rolls you into his Side Mount.

- Shrimp Move into Guard

Uke: Attempts to break your Guard with his left elbow and sliding out with his left hand onto your knee

- Sit up and grab your Uke's left wrist with your right hand making a figure 4 grip Kimura

Uke: Starts moving to his left pressing his left arm against his chest and continues to move over your head to escape

- You hold on to your figure 4 grip as your Uke moves over your head, bridge and roll your Uke
- Side Mount
- Kimura.

Naotte!

GRAPPLING COMBINATION: THREE, 6TH KYU (Yellow Belt)

Kakutou Dachi:

- Attempt High Clinch

Uke: Pulls your hands down and tries to grab with both hands behind your neck attempting to pull you down

- Step forward with right leg and grab Uke around the waist with your left arm, raise your body pushing with your shoulder under his armpit
- Take short distance and grab his right shoulder from behind
- Sune Ashi Barai
- Kesa Gatame

Uke: Hooks with his left leg over your head and pushes with it to turn you on to your back

- As your Uke Overhooks your head, rotate anti-clockwise controlling his right leg and grabbing Uke's left leg with your right arm
- Attempt Kata Ashi Hishigi to the right

Uke: Raises his right hip and pushes down your foot, pushing away your knee and moves into Mount position by grabbing with his right hand behind your neck

- Let go of his leg and Underhook Uke's right arm pulling it down to the floor
- Bridge and roll your Uke
- Juji Jime

Naotte!

GRAPPLING COMBINATION: FOUR, 6TH KYU (Yellow Belt)

Kakutou Dachi:

- Push Uke's hands down grabbing his head and then grab his shoulders
- Sumi Gaeshi

Uke: Takes the Guard position

- Break the Guard with your right elbow and Underhook Uke's left leg and start passing the Guard under Uke's left leg

Uke: Blocks your hip and shoulder with his hands

- Grab Uke's Gi by his left shoulder with your left hand and jump or walk around to Uke's right side
- Side Mount

Uke: Snake Moves to his knees

- As your Uke turns onto his knees you move to the side, grabbing his right leg by the Gi or ankle, put your right knee on Uke's hip and pull him towards you using the rotating force from your leg as you pull it back and at the same time forcing him onto his back
- Side Mount

Uke: Pushes against your hips with both hands and Snake Moves to his knees.

- As Uke goes to his knees grab his left arm with your right hand then Underhook his left arm with your left hand
- Underhook his left arm and throat with your right arm into Kata Gatame position
- Pull his right elbow with your left hand and push against his body with your right knee and roll him onto his side
- Kata Gatame

Naotte!

GRAPPLING COMBINATION: FIVE, 5TH KYU (Yellow Belt with One Green Stripe)

Kakutou Dachi:

- Grab your opponent's arms and pull his left arm hard towards you

Uke: Steps back and pulls his arm free

- Step forward diagonal with your right leg turning your back against your Uke
- Ura Nage into Kesa Gatame
- Side Mount

Uke: Underhooks your body and Snake Moves to his knees, pushing against your hips attempting Morote Gari

- As your Uke moves forward pull him into your Guard

Uke: Breaks your Guard and moves into Side Mount and from that to Knee Mount

- Put pressure on Uke's knee and Shrimp Move away from him

Uke: Rotates into Knee Mount on opposite side before you escape

- Push Uke's knee off your belly as you Shrimp Move to your side
- Grab Uke's left arm and throw your right leg over Uke's head
- Juji Gatame forcing your opponent to the floor

Naotte!

GRAPPLING COMBINATION: SIX, 5TH KYU (Yellow Belt with One Green Stripe)

Kakutou Dachi:

- Push Uke's left arm towards his body with your right hand and at the same time under hook with your left pulling to the side
- Step behind Uke grabbing his waist
- Yoko Wakare
- Juji Gatame

Uke: Pushes your leg off of his head, Shrimp Moves and ends up in your Guard

- Overhook with your left arm and Underhook with your right arm and pull your Uke over you and at the same time kick with the backside of your left thigh against your Uke's right thigh
- Mount

Uke: Shrimp Moves and underhooking your right ankle with his right foot and moves you into his Guard

- Brake his Guard by standing up and push his hips down and walk backwards
- Grab with both arms over your Uke's thighs forcing his knees to the floor
- Start passing his legs to your left side

Uke: Stops you by pushing with his hands against your shoulder and hip

- Move back towards his feet to escape his block and roll back over your Uke
- Side Mount

Uke: Shrimp Moves into Guard and grabs your left wrist with his left hand pulling it to the left over his chest, his right arm goes over your back grabbing under your right armpit - Reverse Scissor sweep into Side Mount

- Shrimp move into Guard
- Grab his right arm with your left hand, right arm inside Uke's left thigh, rotate your body to an angle of 90° to your Uke and push with your right leg and lift with your right hand, and pull with your left
- Mount

Uke: Shrimp Moves and elbow Knee escapes on your right leg by trapping your right foot and moves you into his Guard

- Double leg pass by standing up on your knees pulling him on to his neck passing on his right side

Uke: Blocks your hip & shoulder.

- Right Knee Mount
- Under hook his right arm and pull to the side, go behind his head with your left hand and grab his wrist pulling Uke into a sitting position.
- Slide in behind his back pulling your Uke on top of you
- Hadaka Jime or Okuri Eri Jime

Naotte!

GRAPPLING COMBINATION: SEVEN, 4TH KYU (Green Belt)

Kakutou Dachi:

- Trying to get clinch but ending up pushing your Uke away

Uke: Low Morote Gari

- As Uke attempts Morote Gari push with your right hand on the back of Uke's head and Underhook Uke's right arm with your left hand as you half sprawl
- Maki Komi Nage rotating your opponent onto his back
- Side Mount

Uke: Shrimp Moves and takes the Guard

- Attempt to stand up

Uke: As you attempt to stand up Uke grabs your arms, at the same time his feet go on your hips in open Butterfly Guard

- Grab his right lapel with your left hand and your right hand pushes against his hip
- Pass the Guard
- Side Mount on your Uke's right side
- Knee Mount

Uke: Pushes your knee to the floor

- Spin around and Knee Bar on Uke's right leg

Naotte!

GRAPPLING COMBINATION: EIGHT, 4TH KYU (Green Belt)

Kakutou Dachi:

- Low Clinch

Uke: Works his way around to your back with his arms around your waist

- Victor Nage

Uke: Spins around escaping the Knee Bar and turns towards you trying to take Side Mount

- Push your Uke away with your right foot on his left hip
- Snake Move and go to your knees

Uke: Goes to reverse Shiho Gatame leaning on your back

- Grab Uke's right arm, Sit Out and then rotate over his head ending up on his left side

Uke: Overhooks your right arm and pulls you over him and rolls into Side Mount

- Underhook with both arms, bridge and sneak out on Uke's right side trying to take Rear Mount

Uke: Turns onto his back

- Side Mount
- Knee Mount
- Grab Uke's right arm and attempt Sankaku Jime by leaning back pulling him towards you

Uke: Pulls his right arm free and breaks the Guard and grabs the top of your left thigh and starts passing low under your left leg

- Sit up by raising your right hip and grab around Uke's waist with your right arm, then roll him over you
- Side Mount on Uke's left side
- Knee Mount
- Ude Gatame

Naotte!

GRAPPLING COMBINATION: NINE, 3RD KYU (Green Belt with One Brown Stripe)

Kakutou Dachi:

- Try to get clinch

Uke: Double hand grab - Right Ebi Garami

- Break out of Ebi Garami forcing Uke down
- Kata Guruma as Uke tries to stand up
- Side Mount
- Knee Mount

Uke: Grabs the back of your neck with his left arm his right hand on your hip, he bridges and rolls you over his left shoulder ending up in Side Mount

- Shrimp move into Open Guard
- Grab Uke's left arm with both hands and Shrimp Move
- Rear Mount

Uke: Grabs behind your neck with both hands, before you get the hooks in and simultaneously thrusts his hips up forcing you to roll over onto your back, Uke in Shiho Gatame

- Small bridge upwards and rotate clockwise

Uke: Side Mount moving into Mount attempting Sankaku Jime with his right leg behind your neck while turning to his back

- Grab your own right hand and straighten your back and jerk your shoulders free
- Grab over Uke's both legs and push his knees to the floor and move to his right side

Uke: Blocks your hip and shoulder

- Hook with your right leg over both of his legs underneath his knees, straighten your hip and Mount
- Tsuki Komi Jime

Naotte!

GRAPPLING COMBINATION: TEN, 3RD KYU

(Green Belt with One Brown Stripe)

Kakutou Dachi:

- Left Sune Ashi Barai inside Uke's front leg forcing him to step out with his left leg
- Step forward diagonal with your right leg turning your back against your Uke
- Right Harai Goshi
- Side Mount

Uke: Shrimp Moves into Half Guard and Overhooks your right arm, then sits up by raising his left hip and pushes towards you forcing you to your back as he pulls your left arm towards him

- Half Guard
- Shrimp Move into Guard
- As Uke straightens himself up grab his arms and place your heels on your Uke's hips
- Pull your Uke's arms towards you in order to provoke him to pull his arms back
- Release his left arm and lift your right leg over his neck
- Sankaku Jime

Uke: Frees his right arm and pushes his hand across his stomach

- Your left hand goes inside his right upper arm at the same time as Uke hides his hand, grab your left hand with your right hand and your right leg goes over Uke's head and pull his arm towards you
- Switch hands into a Kimura grip

Uke: Rolls forward trying to escape the lock

- Keep your grip and lift your left leg and let Uke roll, free your right leg and roll up on Uke
- Kimura

Naotte!

GRAPPLING COMBINATION: ELEVEN, 2ND KYU (Brown Belt)

Uke: High Clinch

- At the same time as Uke grabs your head, take your left hand in between Uke's arms and grab his right arm with your left hand, at the same time over hook his left arm
- Turn your body anti-clockwise, push Uke's left shoulder forward and pull his right arm towards you
- Right Uchi Gake on Uke's left leg
- Side Mount with your left arm under Uke's head
- Right hand grabs Uke's right lapel
- Mount
- Juji Jime

Uke: Bridges and pushes behind your elbows

- Let go of the strangulation to reduce the impact

Uke: Elbow Knee escapes into Half Guard, puts his right leg over your right leg and over hooks your right arm with his left arm, raises his hip and pulls your left arm forcing you onto your back

- Half Guard
- Half Butterfly Guard with right foot
- Grab Uke's right arm with your left hand, push with your left foot against Uke's right knee and sweep him to your left, at the same time lifting with your right foot inside Uke's left thigh
- Mount
- Underhook Uke's arms and lean forward
- Side Mount on Uke's left side as you grab his right arm
- Kimura hold and grabbing his wrist with left hand, grabbing his head with right
- Kesa Gatame stretching his head towards you
- Ude Garami/Kubi No Kuranaku

Naotte!

GRAPPLING COMBINATION: TWELVE, 2ND KYU

(Brown Belt)

Low Clinch

- Right Harai Goshi
- Step over Uke with left leg and slide down on you shinbone
- Side Mount

Uke: Shrimp Moves and puts his left shin across your belly and his right leg over your head attempting Juji Gatame on your left arm

- Pull your arm free and block Uke's left ankle with your right arm and pass Uke's right leg
- Side Mount
- Shiho Gatame

Uke: Bridges and Snake Moves to his knees, grabbing you're right ankle and forces you onto your back and takes Side Mount

- Shrimp move to Guard
- Put your feet on Uke's hips and push him away
- Go to your right knee and shoot in
- Ko Uchi Gari

Uke: Takes the Guard

- Break his Guard by pushing his hips down and stand up and jerk your hips forward
- Grab Uke's ankles or Gi and move his legs from side to side, swing your right leg over Uke's waist as you throw Uke's legs to your left and slide over Uke attempting Side Mount

Uke: Uke Snake Moves to his knees and lays back pulling you into his Guard

- Break the Guard by pushing Uke's right leg down with your left elbow

Uke: Grabs your left arm with a figure 4 hold and attempts Kimura

- Spinning Juji Gatame on Uke's left arm

Naotte!

GRAPPLING COMBINATION: THIRTEEN, 1ST KYU (Brown Belt with One Black Stripe)

Uke: Kakutou Dachi:

- Under hook your opponent's left arm and step behind
- Attempt Sukui Nage

Uke: Counters with Victor Nage and attempt left Leg Bar

- Throw your right leg over Uke and spin around escaping the Leg Bar and passing to Side Mount
- Knee Mount
- Spinning Juji Gatame

Uke: Pushes your left knee from his face and Snake Moves and turns towards you

- Butterfly Guard
- Underhook with both arms and grab around Uke's back

Uke: Blocks your right leg with his right hand down by your ankle and his left hand pushes your right knee down, Uke lays on the knee with his right hip and passes the Guard ending up with you in Kesa Gatame

- Bridge and roll your Uke
- Kesa Gatame
- Side Mount
- Lift Uke's right arm up with your left hand, block his arm with your left knee, change your hand position and push his arm across his face and grab his wrist with your right hand and then hook your left arm under your Uke's head grabbing his right wrist with your left hand
- Knee Mount and lift your Uke up into a sitting position and your right arm goes under his right arm
- Lay back and at the same time pull your Uke onto you
- Hadaka Jime

Naotte!

GRAPPLING COMBINATION: FOURTEEN, 1ST KYU (Brown Belt with One Black Stripe)

Kakutou Dachi Uke:

- Attempt Low Clinch

Uke: Maki Komi to Kesa Gatame

- Counter by rolling your Uke over your chest ending on his back rolling to your back
- Hadaka Jime

Uke: Bridges, then slides out to his right, forcing your right leg down and turns clockwise towards you and ends up in Side Mount

- Overhook Uke's right arm with your left arm and put pressure on his shoulder as you Snake Move backwards
- As your Uke goes to his knees grab around his chest with both arms

Uke: Overhooks your right arm and sits out on your right side attempting to climb onto your back

- Roll onto your back

Uke: Side Mount

- Shrimp Move and place your left shin against Uke's belly and swing your right leg over holding on to Uke's left arm

Uke: Puts his weight on you and pulls his left arm free and pushes his left arm under your left ankle and grabs the bottom of your Gi jacket and grabs your left shoulder with his right hand and turns you over – Side Mount – reverse Kesa Gatame - and Uke pulls your right leg towards him and lifts his left leg over you taking the Mount

- Shrimp Move to your left side, Underhook and lift Uke's right foot up with your right foot
- Take the Guard

Uke: Sits up and grabs your left leg, then leans to his right throwing his right leg over your belly and attempts a Kata Ashi Hishigi

- Put your right foot on the floor, raise your hip and push Uke's foot of your belly, sit up and Underhook his left arm with your left arm
- Swing your right leg over Uke's head and then under his face
- Reversed Juji Gatame (Waki Gatame).

Naotte!

GRAPPLING COMBINATION: FIFTEEN, 1ST DAN (Black Belt)

Uke: Attempt high clinch

- Low Right Soto Gake
- Reverse Kesa Gatame on Uke's left side
- Mount
- Kata Gatame moving to Side Mount on Uke's right side

Uke: Brakes free by using his elbow and sits out performing Waki Gatame on your right arm

- Rotate your body anti-clockwise and jump over your Uke
- Side Mount
- Kimura

Uke: Bridges and rotates towards you straightening his right arm and then grabs the back of your neck and moves back and grabs around your neck with his left arm, swings his body in underneath you taking the Open Guard and performs Ebi Garami

- Put your right hand inside your Uke's elbow to avoid strangulation
- Stand up and put pressure on your Uke and at the same time push his right leg down with your left hand and pass the Guard
- Jump over Uke's body and pull your head free
- Side Mount

Uke: Shrimp Moves and takes the Guard, pushes behind your left elbow ending up on your left side, then Underhook's your left arm with his left arm and his right arm pushes against your face and moves his right leg under your face performing reverse Juji Gatame as Uke rolls onto his right side

- Rotate your body clockwise and jump over your Uke
- Side Mount
- Kata Gatame

Naotte!

GRAPPLING COMBINATION: SIXTEEN, 1ST DAN (Black Belt)

Uke: Morote Osaie Uke pushing your head down and performs Ebi Garami as he does a standing bridge

- Grab over Uke's shoulder with your right arm jump up on his waist in with legs in closed Guard

Uke: Lower his position

- As Uke lowers his position put your feet on the ground
- Sukui Nage
- Side Mount

Uke: Shrimp Moves and puts his left shin across your belly and grabs both your arms, then he swings his right leg over your head and attempts Juji Gatame

- Pull your right arm free and push Uke's right leg of your head ending up in his Guard
- Stand on your right foot and left knee and push Uke's left foot down over your thigh at the same time pulling his left knee to your left with your left hand, take a Figure Four position and lay back performing an Ankle Lock with your right leg over Uke's belly

Uke: Pushes your right leg down and moves forward into Mount

- Bridge to force your opponent forward
- Shrimp Move and perform Elbow Knee escape using your right foot to trap Uke's right foot and take Guard
- Juji Jime

Uke: Pushes behind your elbows to escape the strangulation

- Put your feet on Uke's hips and grab Uke's arms
- Cross Uke's arms over each other and at the same time put your legs over Uke's shoulders
- Double Juji Gatame

Naotte!

GRAPPLING COMBINATION: SEVENTEEN, 2ND DAN (Black Belt with Two Gold Stripes)

Uke: Attempts Morote Gari by grabbing your left leg and the other arm around your waist

- Put your left leg inside your opponents left thigh, push and at the same time pull Uke's right shoulder down with your right hand
- Rear Mount

Uke: Covers his throat in the Turtle position before you get your Hooks in

- Underhook Uke's left arm with your left arm and pull his arm forward and put your left leg Hook in. Right knee goes over the back of Uke's head so that your ankle is behind Uke's neck
- Reverse Juji Gatame on Uke's left arm

Uke: Rolls forward

- Juji Gatame on Uke's left arm

Uke: Rotates under your legs straightening his left arm and moves to Side Mount on your left side

- Stop Uke by pushing against his right hip with your left hand and with your right hand on Uke's shoulder and Snake Move to your knees
- Low Clinch and rotate anti-clockwise, sit out and throw your Uke to the floor
- Kesa Gatame
- Put your left leg over Uke's head
- Ude Gatame on Uke's left arm

Naotte!

GRAPPLING COMBINATION: EIGHTEEN, 2ND DAN (Black Belt with Two Gold Stripes)

Kakutou Dachi:

- Morote Gari rotating your Uke to the left
- Kesa Gatame
- Put your left leg over Uke's head
- Ude Gatame on Uke's left arm

Uke: Pushes with his right arm against the inside of your left thigh and Snake Moves to his knees and tries to take clinch from a kneeling position

- Grab Uke's Gi by the lapels, pull him towards you and at the same time push your right foot against Uke's left knee and roll him over
- Mount

Uke: Shrimp Moves and takes Half Guard on your right leg

- Put your left ankle on opponents right thigh and pull your right leg out passing his Half Guard
- Kesa Gatame on Uke's left side
- Side Mount
- Ude Garami on opponents right arm, grab Uke's right wrist with your left hand your right arm goes under Uke's neck, sit out and your right hand pulls your Uke's head towards you
- Neck Crank

Uke: Bridges and pushes your right arm of his head and rotates and grabs his right arm with his left hand and straightens out his right arm and rotates towards you

- Roll towards Uke's legs
- Reversed Kesa Gatame
- Put your right knee against Uke's left thigh and hook your Uke's right leg with your left leg at the same time grab Uke's left foot with both hands
- Knee Bar using your left leg.

Naotte!

GRAPPLING COMBINATION: NINETEEN, 3RD DAN (Black Belt with Two Gold Stripes)

Kakutou Dachi:

- Seek High Clinch with left arm and pull opponents head down, when he retracts follow in close catching Uke's right leg under the knee
- Rotate your Uke anti-clockwise to the floor at the same time performing Kibisu Gaeshi
- Side Mount
- Ude Garami on Uke's left arm

Uke: Flips backwards and escapes going to a standing position. Uke tries to attack before you come to your feet

- Grabbing behind opponents left heel and push with your left foot on Uke's left hip.
- As Uke falls use his momentum to get to your feet
- Left Knee Bar

Uke: Rotates, pulls his leg free and escapes to standing position. Attempted Right Kubi Nage as you come to your feet

- Push your hips forward to block the throw
- Left arm pushes against Uke's head and right hand grabs Uke's right bicep
- Ura Nage rotating anti-clockwise
- Juji Gatame on Uke's right arm

Uke: Rolls with the Juji Gatame, pulls his arm free and stands up. As you come up Uke pulls your left arm to the side trying to get behind

- Spin around clockwise and counter attack with Kani Waza
- Knee Bar on Uke's left leg

Uke: Tries to rotate free

- Hold on as Uke rotates anti-clockwise
- Kata Ashi Hishigi to the right

Uke: Raises his right hip, sits up and grabs behind your neck with his right hand and pushes your right leg down with his left hand, Underhook's your left leg with his left arm and throws it to his right

- Grab behind Uke's neck with your left hand and his left arm with your right hand and push your left shin in against his belly
- Reversed Scissor Sweep
- Side Mount

Uke: Snake Moves and goes to his knees

- Lift your right knee and place your right foot on the floor
- Grab Uke's Gi by the arms and cross his arms with his left arm over push your left shin against his belly, lay back and swing your right leg over his head
- Juji Gatame

Naotte!

GRAPPLING COMBINATION: TWENTY, 3RD DAN (Black Belt with Three Gold Stripes)

Kakutou Dachi:

- Grab Uke's Gi by the arms and cross his arms with his left arm over push your left shin against his belly, sit down and swing your right leg over his head
- Juji Gatame (variation Tobi Juji Gatame)

Uke: Goes to his knees and grabs your right thigh with his right hand, puts pressure on you moves clockwise and jumps over your body into Side Mount

- Bridge and push your left arm against Uke's neck, then grab around his neck with your left arm, then bridge in the opposite direction and roll your Uke
- Side Mount

Uke: Shrimp Moves and takes the Guard

- Break the Guard with your right elbow, then wrap your right arm high up on Uke's left leg
- Sprawl and put pressure on Uke's left leg with your right shoulder, at the same time controlling his right leg with your left hand
- Jump over Uke's body to his right side trapping his left arm and head
- Kata Gatame

Uke: Shrimp Moves onto his right side, pushes his right shin against your belly, straightens his body to break the lock and pushes against your hips with both feet coming to his knees

- Pull Uke's hands down and grab behind his neck with both hands and jerk him forward and down
- Control his head with your left hand and Underhook his left arm with your right arm and pull it upwards
- Sit down and push your left shin against Uke's belly and throw your right leg over Uke's head and underneath his face
- Kimura

Uke: Pushes your right foot down with his right hand and then rotates clockwise and then jumps over your body

- Push Uke away and escape to a standing position

Uke: Takes clinch

- Grab Uke's right leg with your left hand and lift up, at the same time grab his left shoulder with your right hand and push, straightening Uke's leg by sliding out with your hand to his lower Achilles tendon.
- Ippon Seoi Nage on Uke's right leg
- Leg Bar

Uke: Pulls his leg back

- Change your grip from Leg bar to Key lock

Naotte!



SAN KAI DO

ALLROUND FIGHTING COMBINATIONS

FIGHTING COMBINATIONS 10TH KYU

(Red Belt)

Fighting Combination 1

Tore:

- Left Oi Tsuki
- Right Gyaku Tsuki
- Left Gedan Mawashi Geri

Fighting Combination 2

Tore:

- Left Oi Tsuki
- Right Gyaku Tsuki
- Left Oi Tsuki
- Right Gedan Mawashi Geri

Fighting Combination 3

Uke: Left Jodan Oi Tsuki – Right Gyaku Tsuki

- Right Shotei Uke
- Left Mawashi Uke rotating our opponent clockwise
- Right Chudan Mawashi Hiza Geri
- Push your opponent to the right with your left hand
- Right Gedan Mawashi Geri over both legs
- O Soto Gake
- Juji Gatame

Fighting Combination 4

Uke: Left Jodan Oi Tsuki – Right Gedan Mawashi Geri

- Right Shotei Uke
- Left Sune Uke
- Right Mawashi Uke rotating anti clockwise
- Left Chudan Mawashi Hiza Geri
- Right/Left Maki Komi Nage
- Left Knee Mount
- Spinning Juji Gatame

FIGHTING COMBINATIONS 9TH KYU

(Red Belt with One Blue Stripe)

Fighting Combination 5

Tore:

- Skip Left Chudan Mae Geri
- Right Chudan Mawashi Geri
- Left Jodan Mawashi Uchi
- Right Chudan Mae Hiza Geri

Fighting Combination 6

Tore:

- Left Jodan Oi Tsuki
- Right Chudan Gyaku Tsuki
- Left Jodan Mawashi Uchi
- Right Chudan Mae Hiza Geri
- Push your opponent to your right
- Skip Left Gedan Mawashi Geri
- Right Chudan Mawashi Geri

Fighting Combination 7

Uke: Left Jodan Oi Tsuki – Right Mae Geri

- Right Shotei Uke
- Left Gedan Uke
- Grab Uke's right wrist with your left hand and underhook his left arm with your right arm
- Rotate anti clockwise and do a Uchi Gake
- Left Knee over Uke's cheek rotating his face to the floor
- Kimura

Fighting Combination 8

Uke: Left Jodan Oi Tsuki – Right Jodan Gyaku Tsuki – step out Right Chudan Mawashi Uchi

- Right Shotei Uke
- Left Shotei Uke
- Left Chudan Hiji Uke
- Skip Left Mae Hiza Geri
- Right O Goshi
- Kesa Gatame
- Ude Garami with your right leg

FIGHTING COMBINATIONS 8TH KYU

(Blue Belt)

Fighting Combination 9

Tore:

- Skip Left Jodan Mawashi Geri
- Left Uchi Momo Geri
- Right Jodan Mawashi Uchi
- Left Gedan Mawashi Geri

Fighting Combination 10

Tore:

- Skip Left Uchi Momo Geri
- Right Jodan Age Uchi
- Left Jodan Mawashi Uchi
- Right Chudan Shita Tsuki
- Push your opponent to your left
- Left Jodan Mawashi Geri

Fighting Combination 11

Uke: Left Oi Tsuki

- Right Osae Uke
- Left Gedan Uchi Momo Geri
- Kibisu Gaeshi
- Kata Ashi Hishigi leaning to your right

Fighting Combination 12

Uke: Right Chudan Mawashi Geri – Skip Left Jodan Mawashi Geri

- Left Sune/Kote Uke
- Right Jodan Juji Uke
- Sukui Nage
- Ashi Gatame leaning to the left

FIGHTING COMBINATIONS 7TH KYU (Blue Belt with one Yellow Stripe)

Fighting Combination 13

Tore:

- Skip Left Jodan Mawashi Geri
- Right Ushiro Mawashi Geri
- Right Jodan Mawashi Geri

Fighting Combination 14

Tore:

- Left Jodan Uraken Yoku Uchi
- Right Jodan Gyaku Tsuki
- Left Gedan Uchi Momo Geri
- Right Chudan Ushiro Geri
- Right Jodan Kake Geri

Fighting Combination 15

Uke: Right Mae Geri – Left Jodan Mawashi Geri

- Left Gedan Uke
- Slide forward and catch Uke's left leg with your right arm and with your left hand Uke's neck
- Uki Waza
- Side Mount
- Right Knee Mount
- Spinning Juji Gatame on Uke's left arm and at the same time grab Uke's left lapel
- Kata Te Jime

Fighting Combination 16

Uke: Oi Tsuki – Jodan Ura Uraken Yoku Uchi

- Right Shotei Uke
- Right Jodan Age Uke
- High Clinch
- Osae Nage to the left
- Mount
- Push Uke's left arm under your leg, lift up his head and throw your right leg under and roll on your right shoulder
- Sankaku Jime

FIGHTING COMBINATIONS 6TH KYU

(Yellow Belt)

Fighting Combination 17

Tore:

- Skip Left Jodan Uchi Kakato Geri
- Right Gedan Mawashi Geri
- Grab Uke's right shoulder
- Right Jodan Hiji Uchi
- Push Uke away with you left hand
- Right Ushiro Mawashi Geri

Fighting Combination 18

Tore:

- Right Jodan Gyaku Tsuki
- Left Osae Uke on Uke's right arm
- Left Jodan Hiji Uchi
- Right Mawashi Uke
- Left Jodan Mawashi Geri

Fighting Combination 19

Uke: Right Jodan Soto Kakato Geri

- Left Chudan Kakato Geri
- Right Gedan Mawashi Geri
- Left Mae Hiza Geri
- Sumi Gaeshi
- Juji Jime

Fighting Combination 20

Uke: Right Gyaku Tsuki, simultaneously step forward with the right leg

- Lean to your left and at the same time push upwards under Uke's right elbow
- Right Chudan Hiji Uchi
- Left Sune Ashi Barai
- Grab Uke's left lapel with your right hand
- Eri Kire Jime rotating anti clockwise down on your left knee

FIGHTING COMBINATIONS 5TH KYU

(Yellow Belt with One Green Stripe)

Fighting Combination 21

Tore:

- Right Chudan Mawashi Geri

Uke: Grabs your leg

- Push your right leg forward as you clinch and put your leg in between Uke's legs
- Right Gedan Uchi Geri
- Right Ebi Garami lowering your position
- Take closed Guard and straighten out

Fighting Combination 22

Tore:

- Left Chudan Mawashi Geri
- Right Jodan Uchi Geri
- Left Gedan Mawashi Geri
- Right Mae Hiza Geri
- Right Gedan Mawashi Geri
- Pull Uke down with your left hand
- Right Jodan Sankaku Oroshi Hiji Uchi

Fighting Combination 23

Uke: Left Jodan Oi Tsuki – Right Jodan Mawashi Uchi

- Right Shotei Uke
- Left Kote Uke grabbing Uke's arm
- Right Jodan Age Hiji Uchi
- Ippon Seoi Nage
- Side Mount
- Kata Gatame on opposite side
- Jump over to Kesa Gatame (still holding the kata gatame)

Fighting Combination 24

Uke: Right Gyaku Tsuki

- Left Shotei Uke
- Right Chudan Uchi Geri
- Grab Uke's right arm and push down
- Left Gedan Mawashi Geri
- Right Mae Hiza Geri
- Right Jodan Oroshi Hiji Uchi

FIGHTING COMBINATIONS 4TH KYU (Green Belt)

Fighting Combination 25

Tore:

- Left Oi Tsuki
- Right Gyaku Tsuki
- Left Jodan Mawashi Shotei Uchi
- Right Ushiro Yoko Kakato Geri

Fighting Combination 26

Tore:

- Skip Left Mae Geri
- Right Gyaku Tsuki
- Left Oi Tsuki
- Right Mae Geri placing your foot in front
- Right Chudan Yoko Kakato Geri

Fighting Combination 27

Uke: Left Oi Tsuki – skip left Jodan Mawashi Geri

- Right Shotei Uke
- Right/Left Juji Uke
- Left Gedan Yoko Kakato Geri
- Hadaka Jime pulling Uke down

Fighting Combination 28

Uke: Oi Tsuki – skip Left Mae Geri

- Left Shotei Uke
- Left Gedan Barai
- Yoko Wakare from back
- Okuri Eri Jime

FIGHTING COMBINATIONS 3RD KYU (Green Belt with One Brown Stripe)

Fighting Combination 29

Tore:

- Right Chudan Mae Geri
- Left Jodan Oi Tsuki
- Right Jodan Hiji Uchi
- Right Jodan Tettsui Yoku Uchi grabbing Uke's shoulder
- Right Gedan Hiza Geri on Uke's right leg

Fighting Combination 30

Tore:

- Lean back Left Chudan Mae Geri
- Left Gedan Uchi Momo Geri
- Right Tobi Hiza Geri
- Left Gedan Mawashi Geri
- Right Tobi Hiza Geri

Fighting Combination 31

Uke: Left Oi Tsuki

- Left Shotei/Kake Uke grabbing Uke's arm
- Right Jodan Tettsui Komekami
- Right Gedan Mawashi Hiza Geri
- Tani Otoshi

Uke: Goes in Turtle position

- Grab Uke's right lapel with your left hand, your right hand goes under Uke's jaw, roll on your right shoulder, and lock his right arm with your right leg
- Eri Kire Jime

Fighting Combination 32

Uke: Oi Tsuki – Right Mae Geri

- Left Shotei Uke
- Turn your body clockwise to reduce the impact
- Right Chudan Mawashi Hiza Geri
- Kata Guruma
- Kesa Gatame

Uke: Gets his right arm free and tries to turn away

- Left Tettsui Oroshi Uchi from a kneeling position
- Juji Gatame

FIGHTING COMBINATIONS 2ND KYU (Brown Belt)

Fighting Combination 33

Tore:

- Push Uke's left arm down with your left hand as you slide in
- Right Oroshi Gyaku Tsuki
- Right Chudan Sankaku Geri
- Left Oroshi Uchi Kakato Geri

Fighting Combination 34

Tore:

- Left Jodan Uchi Geri
- Right Chudan Gyaku Tsuki
- Right Oroshi Gyaku Tsuki
- Skip Left Jodan Mawashi Geri
- Left Jodan Mawashi Oroshi Sankaku Geri

Fighting Combination 35

Uke: Left Oi Tsuki - Jodan Gyaku Tsuki - Right Jodan Mawashi Geri

- Right Shotei Uke
- Left Shotei Uke
- Left Juji Uke grabbing his right shoulder with your left hand
- Kani Waza
- Ashi Hiza Gatame

Fighting Combination 36

Uke: Chudan Oi Tsuki – Right Jodan Mawashi Uchi

- Right Shotei Uke
- Duck under Uke's hook and grab his right arm
- Right Shita Tsuki
- Right Oroshi Gyaku Tsuki to Uke's chest
- Ura Nage rotating anti-clockwise
- Knee Mount
- Gyaku Tsuki
- Ashi Hiji Gatame reinforcing with your leg

FIGHTING COMBINATIONS 1ST KYU

(Brown Belt with One Black Stripe)

Fighting Combination 37

Tore:

- Left Jodan Mae Geri
- Right Chudan Mawashi Geri
- Left Jodan Oi Tsuki
- Right Jodan Gyaku Tsuki
- Left Uchi Momo Geri
- Right Jodan Mawashi Hiza Geri

Fighting Combination 38

Tore:

- Left Jodan Oi Tsuki
- Right Jodan Uchi Geri
- Left Uchi Momo Geri
- Right Uchi Momo Geri placing foot in front
- Push Uke out of balance to the right with your left hand
- Right Chudan Sankaku Geri
- Right Jodan Yoku Kakato Geri

Fighting Combination 39

Uke: Left Oi Tsuki - Right Chudan Shita Tsuki - pushing you away with his right hand - Skip Left Chudan Mae Geri

- Right Shotei Uke
- Left Soto Uke
- Right Gedan Uke hooking opponent's heel, at the same time step out to the left
- Right Uchi Momo Geri dropping his leg
- Kubi Nage leaning down to the right
- Kesa Gatame
- Left Knee over Uke's cheek rotating his face to the floor
- Ashi Hiji Garami lifting opponents head from the floor
- Lay down on your left shoulder locking opponents head with your legs
- Kimura

Fighting Combination 40

Uke: Jodan Oi Tsuki – Right Chudan Mae Geri

- Right Shotei Uke
- Left Gedan Uke hooking opponent's heel
- Right Hiza Geri to his right inside thigh and dropping his leg
- Uchi Gake with your right leg grabbing Uke's neck with your right hand

Uke: Succeeding in getting Closed Gard on the way down and you ending up on your knees

- Chudan Gyaku Tsuki to Uke's stomach, jumping up on your feet's and pushing your hip forward braking his Guard, throw his legs to the side
- Knee Mount
- Fast combination of right and left punches and then leaning forward
- Mount
- Fast combination of right and left punches and then leaning forward
- Juji Gatame

