

GTJ BROWN BELT SYLLABUS (2ND KYU) *REVISED AUGUST 2015

1. **Soto Makikomi** (Outer Wind)
2. **Uchi Makikomi** (Inner Wind)
3. **Yoko Wakare** (Rolling Ankle Throw)
4. **Sumi Gaeshi** (Corner Throw) **Variations**
5. **Uchi Mata** (Inner Thigh Throw)
6. **Uki Waza** (Floating Throw)
7. **Oguruma** (Major Leg Wheel)
8. **Ashi Guruma** (Leg Below Knee)
9. **Tomoe Nage Variations** (Stomach Throw)
10. **Kosoto Gake** (Outer Hook)
11. **Takedowns From Behind**
12. **Reverse Dropping Tai Otoshi**
13. **Arm & Shoulder (Arm Pit) Takedown with Locks**
14. **Two Attacker Variations and Randori**