

## **JIU-JITSU GREEN BELT SYLLABUS: 5<sup>TH</sup> KYU**

1. **Front Double Overhook Escapes:** Ogoshi & Ouchi Gari
2. **Front Double Underhook Escapes:** Head Turn & Belt Pull
3. **Rear Double Overhook Escapes:** Ogoshi & Sukui Nage (Scoop Throw)
4. **Rear Double Underhook Escapes:** Kimura & Leg Pull/Knee Bar
5. **Dropping Tai Otoshi**
6. **Double Arm Seoi Nage**
7. **Tawara Gaeshi (Rice Bale) Throw Variations**
8. **Bar Choke Variations**
9. **Choking Kata:**
  - Rolling Fist/Forehead Assist/Cradle/Triangular Vice/Neck Assist/Japanese/Single Lapel/Double Lapel
10. **Kesa Gatame Finishes: Double Arm Shoulder Lock & Neck Crank**
11. **Kata Gatame (Shoulder Hold)**
12. **Kosoto Gari (Minor Outer Reap)**
13. **Kouchi Gari (Minor Inner Reap)**

