

# GREATER TORONTO JIU-JITSU NIDAN SYLLABUS

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## BO KATA

### THROWS

- IPPON SEOI NAGE (ONE ARM SHOULDER THROW)
- MAJOR HIP THROW (OGOSHI)
- KOSHI GURUMA (HIP WHEEL)
- TAI OTOSHI (BODY DROP)
- HARAI GOSHI (HIP SWEEP)
- SEOI NAGE (SHOULDER THROW)
- DROPPING IPPON & DROPPING SEOI NAGE
- OUCHI GARI (INNER REAP)
- OSOTO GARI (OUTER REAP)
- KANI BASAMI (CRAB SCISSORS)
- DROPPING TAI OTOSHI (DROPPING BODY DROP)
- DOUBLE ARM SEOI NAGE
- TAWARA GAESHI (RICE BALE)
- KOSOTO GARI (MINOR OUTER REAP)
- KOUCHI GARI (MINOR INNER REAP)
- HANE GOSHI (SPRING HIP)
- YOKO GURUMA (SIDE WHEEL)
- TANI OTOSHI (VALLEY DROP)
- YOKO OTOSHI (SIDE DROP)
- SOTO MAKIKOMI (OUTERWIND) WITH HEADLOCK
- KATA GURUMA (SHOULDER WHEEL)
- SOTO MAKIKOMI (OUTER WIND)
- UCHI MAKIKOMI (INNER WIND)
- YOKO WAKARE (ROLLING ANKLE)
- SUMI GAESHI (CORNER THROW)
- UCHI MATA (INNER THIGH THROW)
- UKI WAZA (FLOATING THROW)
- OGURUMA (MAJOR LEG WHEEL)
- ASHI GURUMA (LEG WHEEL)
- TOMOE NAGE (STOMACH THROW)
- KOSOTO GAKE (OUTER HOOK)
- REVERSE DROPPING TAI OTOSHI
- REVERSE MAKIKOMI

### SELF DEFENSE:

- VS. FRONT CHOKE
- REAR CHOKE
- “V” CHOKE

- **FRONT DOUBLE OVERHOOKS**
- **FRONT DOUBLE UNDERHOOKS**
- **REAR DOUBLE UNDERHOOKS**
- **REAR DOUBLE OVERHOOKS**

**MULTIPLE ATTACKS 3-5 PERSONS**