



GT JIU-JITSU BROWN BELT SYLLABUS (2nd KYU)

- 1. Soto Makikomi**
- 2. Uchi Makikomi**
- 3. Yoko Wakare**
- 4. Sumi Gaeshi Variations**
- 5. Uchi Mata**
- 6. Uki Waza**
- 7. Oguruma**
- 8. Ashi Guruma**
- 9. Tomoe Nage Variations**
- 10. Kosto Gake**
- 11. Takedowns from behind**
- 12. Reverse Dropping Tai Otoshi**
- 13. Arm and Shoulder (Arm Pit) Takedown with Locks**
- 14. Two Attacker Variations and Randori**

***After exhibiting competency of the above techniques, you will be eligible for brown belt (1st Kyu)**