



GT JIU-JITSU NIDAN SYLLABUS (2nd DAN)

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)**
- **MOROTE SEOI NAGE (LAPEL GRIP)**
- **DROPPING IPPON & DROPPING SEOI NAGE**
- **OUCHI GARI (INNER REAP)**
- **OSOTO GARI (OUTER REAP)**
- **KANI BASAMI (CRAB SCISSORS)**
- **DROPPING TAI OTOSHI (DROPPING BODY DROP)**
- **MOROTE SEOI NAGE (TWO ARMS)**
- **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**
- **OSOTO MAKIKOMI**

**SELF DEFENSE at the discretion of the grading team.
MULTIPLE ATTACK SCENARIOS**