



## ***GT JIU-JITSU SANDAN SYLLABUS (3<sup>rd</sup> DAN)***

- 1. Tonfa Kata**
- 2. Combination Strikes**
- 3. Combination Throws:**
  - i) Kouchi gari into Seoinage**
  - ii) Seoinage into Kouchi Gari**
  - iii) Ouchi Gari into Tai Otoshi (and reverse)**
  - iv) Uchi Mata into Ouchi Gari**
  - v) Soto Makikomi into Tawara Gaeshi Variations**
  - vi) Ouchi Gari into Harai or Hane Goshi**
  - vii) Seoinage into Seoi-Otoshi**
  - viii) Osoto Gari into Yoko Guruma**
  - ix) Ouchi Gari into Uki Waza**
  - x) Yoko Guruma into Yoko Otoshi**
  - xi) Ouchi Gari into Osoto Gari**
- 4. Throw Variations**
  - i) Seoinage**
  - ii) Makikomi**
  - iii) Tomoe-Nage**
- 5. Shoulder Seizure, Kesa Gatame, Leg Takedown & Prone Shoulder Finishes**
- 6. Multiple Attack Scenarios**
- 7. Technique at the discretion of the grading panel**

**\*After exhibiting competency of the above techniques and having good knowledge of syllabus techniques from 7<sup>th</sup> Kyu to 1<sup>st</sup> Kyu, you will be awarded the grade of Sandan (3<sup>rd</sup> Dan).**