

Brown to Black

KICKS: Ni-dan-geri, otoshi-geri

STRIKES: Kakuto-uchi, hiraken-uchi

PUNCHES: Tate-zuki, ura-zuki

KATA: Chinto

KOBUDO: Introduction to the bo, introduction to the hanbo

GOSHIN-JITSU: Advanced ukemi (mae-ukemi 1+2, mae-tobi-ukemi, ushiro-tobi-ukemi)

Uchi-mata (henshuho #16)	Unconventional striking surfaces
Kaiten-otoshi-nage (henshuho #15)	Small joint manipulation
Strikes to small vitals (kyusho)	Kaiten-hiji-nage (hanten #2)
Ko-uchi-gari	Tai-otoshi (henshuho #17)
Ushiro-ura-kote-mawashi (juniko #14)	O-goshi (hip toss)
Koshi-guruma (hip wheel)	Harai-goshi (sweeping hip throw)