

GSMA 3rd Brown Belt Review and Test (page 1)

<https://www.youtube.com/watch?v=tBW-R35mtFl&t=13s>

GSMA 3rd Brown Rank Guidelines

3rd Brown Belt – Sankyu

All of these arts are written in your note book_____

Oku

#4 Norimi - riding body, counter to Ogoshi

Date of solo and throwing dummy live or Video submitted_____

4. Norimi “Body ride”



Basic DanZan Ryu- Counter Ogoshi with a choke and a nerve hold. Uke does a hidden step Ogoshi. You step to your right with your right foot. Your left hand releases grip at Uke's right sleeve and grabs the back of the Gi on Uke's left shoulder with your left hand. Across from your right hand grab on Uke's left lapel with unbendable arms (This is called chopsticks). Uke only throws your left hip (not a full Ogoshi) as you stepped with your right foot. Your weight is on the ball of your right foot as you pivot in front of Uke. (Your right knee goes in between Uke's feet). Your right ankle hooks in front of Uke's right ankle. Your straight arms stay in front of you as you pull with your left and push with your right arm. Kick your right leg on Uke's right leg to help them over. Just before Uke lands pull out your left hand. Pivot to your left so your left armpit is in Uke's right armpit. Pull Uke's left lapel to you across Uke's neck and press your left shuto into the right side of Uke's neck. Your right heel goes into the top inside nerve of Uke's right hip. Apply pressure to choke to submission. Do a controlled release and go into a defensive stance. **Variation:** If Uke throws you before you can step to the left both of your feet stay straight as you keep the chop stick grip you land in front of Uke's feet on your right side. As you fall pull with your left hand and push with your right hand to throw Uke. Pivot on your side to do the same ending as illustrated.

Zenyo-If Uke is doing a buddy walk kazushi bring your left foot up to your right so you can take the right-foot step to your right front corner for pivot. **Zenyo Variation-** do the chopstick arm hold, hook your right ankle behind Uke's right thigh as Uke throws you. Your right knee goes around to the mat in between Uke's feet and finish the art as above.

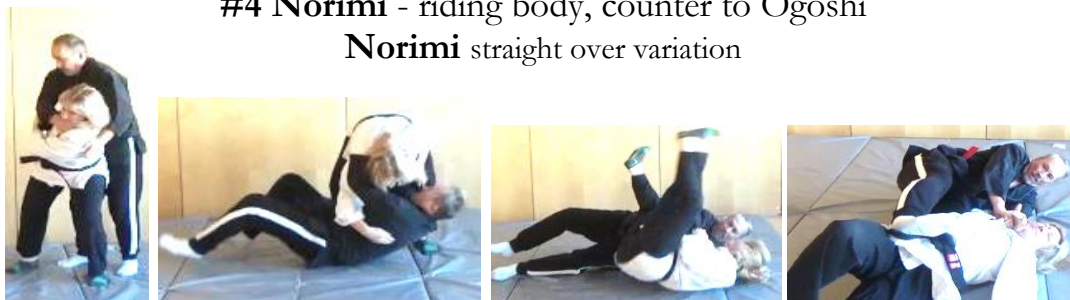
Uke must commit to throw Ogoshi. Be careful not to land your right knee on Uke's right foot

GSMA 3rd Brown Belt Review and Test (page 2)

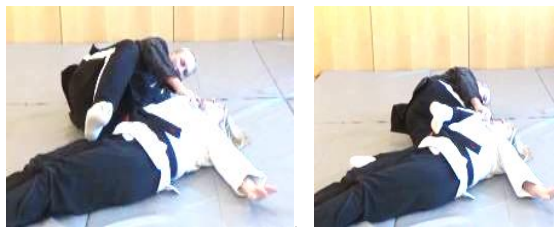
Oku continued

#4 Norimi - riding body, counter to Ogoshi

Norimi straight over variation



Take a long and short lapel choke. Uke catches you before you can step to your right as above. Uke throws you a regular Tomoe Nage. Land in a left side fall in front of Uke's feet. Slide on your left hip and place your left knee in Uke's right armpit. Pull with your left and push with your hands in chop stick Gi grip. As Uke falls, pull your left hand off Uke's rear shoulder Gi grip and place your left forearm across Uke's left side of their neck as you pull Uke's left Gi lapel with your right hand. Go to the choke and heel press as above art.



Variation for both Norimi arts. While in finishing choke position: hold Uke's left lapel with both hands. Roll to your stomach and place your right knee down to the mat next to Uke's right ear. Push with your knee and pull with the choking hands on Uke's Gi.

#5 Sumigaeshi – corner counter, side throw over your left shoulder

Date of solo and throwing dummy live or Video submitted _____



DanZan Ryu-Start in Kumikata gi grip. Slide the outside of your right foot next to the inside of Uke's left foot. Your right knee is outside and next to Uke's left knee. Your left heel goes next to and to the inside of Uke's right foot, (with only light pressure stepping) on Uke's right foot. Keep your gi grip and extend up as you sit on your right heel. Push Uke up and over your left shoulder with your feet on Uke's ankles. Release gi grip with your right hand and keep grip on sleeve as Uke pivots around your left arm. Your left arm with your elbow on the mat hand up at a right angle to protect Uke's fall. Do a controlled release and go into a defensive stance. **Zenyo**-from tic toc kazushi-Start in kumikata step back with your left foot, then forward with your left foot. Slide into the basic art above. Be careful, it is a fast throw. **Variation:** do the tic-tock movement and slide in with your bent right leg, with your right foot on the outside of Uke's right foot as their right foot steps back. Sit on your rear. Your right leg cradles Ukes legs over your left shoulder.

GSMA 3rd Brown Belt Review and Test (page 3)

Oku continued

#18 Tora Nage - tiger throw, three throws kick to spine

Date of solo and throwing dummy live or Video submitted _____



Do one more throw

DanZan Ryu- Three head lock throws and a kick to Uke's back (two throws are shown). **Two hands behind Uke's neck as shown above-** Faint a left hand finger strike to Uke's eyes as you step with your right foot facing to your left. Next, strike Uke in the abdomen to cause Uke to bend over as you hook your left hand around the left side and behind Uke's neck. Do a hidden step to their left corner. Step in front of Uke with your right leg, heel up in front of them for the Nage throw #22 Tai Otoshi. Your right knee is above Uke's right foot. Your right hand hooks behind the right side of Uke's neck. As you look to your left, Uke is thrown across your right thigh. Be careful not to hurt Uke's knee. You can pop Uke over by straightening your right leg against the front of Uke's right ankle. Uke tries to stand up. Control Uke by leading them around to your left (or in a straight line as shown) keeping their head down out over their toes. Pivot on the ball of your left foot and place your right leg in front of Uke's right leg. Your right heel is up to protect your right knee. Throw again. Do one more right hand hook around the neck to throw end with a kick to the back.

CAUTION- If you throw over your shoulder like Seoi Nage you may severely injure Uke.

Optional hand position (not shown)- Uke tries to stand up after the first two throws. Your right hand can reach down across Uke's body blocking Uke's right arm at their right side. This gives Uke more help to fall. This may have been taught by Prof. Estes due to his right forearm brace would not allow him to do the two handed neck grab. This one handed block stops a groin grab.

GSMA 3rd Brown Belt Review and Test (page 4)

Oku continued

#6 Mizukuguri - underwater dive, bock double strike throw over back
Date of solo and throwing dummy live or Video submitted_____



After throw pivot on your left knee to face Uke

You can hold onto Uke's right arm

Basic DanZan Ryu-Step between Uke's feet with your left foot as you block a double ear slap with a double shuto inside block. Hook your hands and slide down Uke's arms to his wrists as you duck your head in between Uke's legs, draping Uke's arms across your back. As you drop into a right hander half kneeling stance, slide your left knee up to your right knee with your left foot under your hips. After pulling Uke's body across your back you scoop up and look up straightening your back. At the same time, hook Uke's ankles with your hands, thumbs on the inside, while pushing your hands up on Uke's ankles. Uke does a forward roll or flat fall. Pivot to the left on your left knee to right hantachi no gami facing the opposite direction you started in. **Zenyo**-do the above hang on to Uke's right sleeve with your left hand. Pivot to standing to your left, causing Uke to take a flat fall. Do a simulated right hand shuto strike to Uke's forehead.

GSMA 3rd Brown Belt Review and Test (page 5)

Oku continued

#9 Kotegaeshi - wrist over turn, arm whip - then Yama Arashi

Date of solo and throwing dummy live or Video submitted _____



Different view

DanZan Ryu-From Uke's right hand overhead strike. Use Jodan left-handed overhead block without stopping the downward momentum. Step to your right to Uke's left side as you are on guard for Uke's left hand strike. Grab Uke's inside right wrist your left hand. Your right hand hooks Uke's right forearm at the bend of Uke's right elbow. Step back behind your right foot then behind your left foot. Circle Uke's arm up and around to your left towards your belly, causing Uke to take a flat fall. Uke gets up and throws a right handed round house strike. You throw Yama Arashi #20 Nage list. Do a controlled release and step back into a defensive stance.
Kotegaeshi Zenyo



Open the door to the left. Do a soft left parry hook to Uke's right wrist palm to inside of Uke's wrist, your fingers over the top of Uke's forearm. Push the outside edge of your right hand into the bend of Ukes right elbow as you pull Uke's hand. Circle Uke's arm up and around as you step forward to your left foot. Next do a kneel wheel throw like #6 Zenyo Hiza Nage from the Shinin list.

GSMA 3rd Brown Belt Review and Test (page 6)

Oku continued

Date of solo and throwing dummy live or Video submitted _____

#13 Katate Tomoe – one hand circle, one foot Tomoe Nage over your left shoulder

Date of solo and throwing dummy live or Video submitted _____



DanZan Ryu- Throw one foot Tomoe Nage. Grab Uke's right hand on your left lapel with your right hand thumb down. Your left hand grabs Uke's right sleeve below their elbow. Uke pushes you forward with his right foot. Step back behind your right foot with your left foot. Your right foot, toes to the left, goes on Uke's right hip. You sit on your left heel and extend your leg on Uke's hip. Help Uke take a good flat fall, by throwing Uke over your left shoulder. Like Sumigashi, your right elbow is bent giving Uke room to fall. Do a controlled release and step back into a defensive stance

Zenyo- Take a Katate Tori Ni (as shown above) on Uke's right wrist causing Uke to squat. Do a hidden step to your right next to the outside of Uke's left foot. Place your right foot on the top of Uke's right front hip toes to the right and sit on your left heel. Throw Uke over your left shoulder and extend your right leg on Uke's hip help Uke to take a good flat fall.

#15 Gyaku Shigarami - reverse hand -fist entanglement, ulnar press hold down with one foot

Date of solo and throwing dummy live or Video submitted _____



DanZan Ryu- From an ulnar press takedown (#10 Ude Gyaku Ni from Goshin Jitsu list) hold Uke down with one foot. Uke does a right hand punch. Step forward with left foot facing Uke's right side. Capture Uke's right upper wrist with your right hand. Your left palm is pushed up into Uke's right armpit with your left hand. Push Uke's right shoulder up into the right side of their chin. With your left hand push Uke's shoulder down in front of you. Pull up on Uke's right hand with your right hand. Push Uke to their knees and then on his abdomen. Keep hold of Uke's right wrist and place your little toe edge of your left foot into Uke's shoulder joint. Place Uke's right arm in front of your left leg for an elbow bar or step on Uke's back behind their bent right arm for a hammerlock. Do a controlled release and step back into a defensive stance.

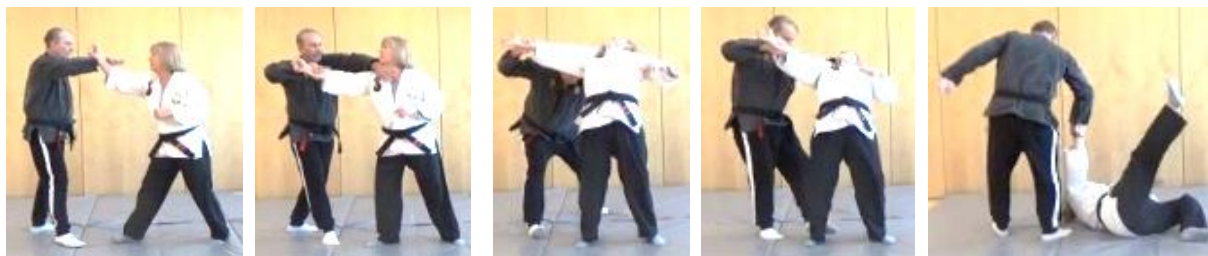
GSMA 3rd Brown Belt Review and Test (page 7)

Oku continued

Date of solo and throwing dummy live or Video submitted _____

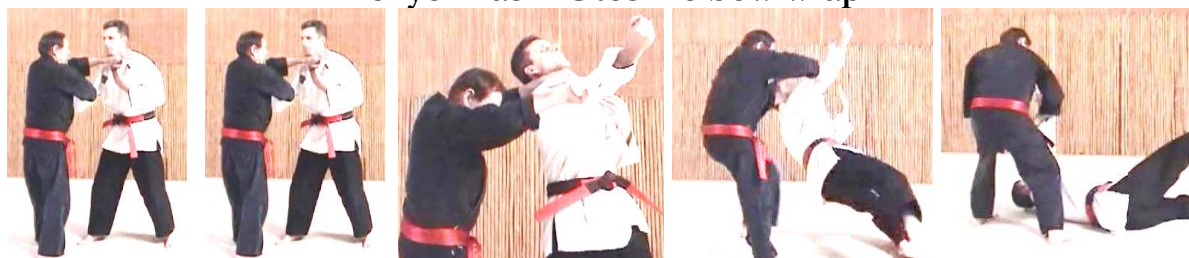
#20 Arashi Otoshi - storm drop, quick standing gi choke-throw to rear

20. Arashi Otoshi "Storm drop"



DanZan Ryu- Quick strangle and throw to rear. Do outside right hand parry while stepping to your left with your left foot. Grab over the top of Uke's right wrist palm to palm. Your left hand grabs Uke's left Gi lapel deep with your thumb in. Step with your left foot and turn to your right so you are behind Uke. Your head pushes against Uke's right rear shoulder. Keep your left arm and wrist straight as you drop your left elbow you pull Uke back and down into the choke. Throw by checking Uke's heel with your left foot. Swing your left foot back to your right foot as you turn to your left as Uke falls onto their back.

Zenyo Arashi Otoshi elbow wrap



Block right punch with your inside right Shuto. Grab Uke's Gi over the top and behind their right elbow. Take a left hand thumb in deep lapel grab on Uke's left lapel. With the elbow Gi grab, push your right knuckles down then to your left rolling your knuckles into Uke's nerves behind their elbow. You push Uke's right arm across their body as it tightens the choke. Do the same throw to the rear as above.

Back to back Arashi Otoshi variation



After Uke does a right hand punch do a left Shuto block and grab Uke's sleeve at rear upper elbow with your left hand, thumb in a deep left lapel grip. Circle down and around to your right and duck under your right arm. You are back to back with Uke. Pull Uke down across your shoulders for hold. Release your lapel hold and turn to your left to do #21 Osoto Gari on the Nage list. Do a controlled release and step back into a defensive stance.

GSMA 3rd Brown Belt Review and Test (page 8)

Oku continued

#21 Hiki Otoshi - pulling drop, wrist in knee lock

Date of solo and throwing dummy live or Video submitted _____



On side



Different view #1



On stomach

DanZan Ryu-Do a right hand outside parry from an Uke right punch. Grab Uke's right forearm with both hands. Your right hand grips the inside of Uke's right arm. Your left hand grips Uke's right sleeve at Uke's elbow as you step forward with your left foot past Uke's right side. Pull down Uke's right arm to Uke's rear opposite heel. This causes Uke to sit down rear fall. Keep sleeve gi hold with your left hand as you grab the top of Uke's right foot with your right hand. Pull Uke's leg up and flex his ankle straight down capturing Uke's sideways right wrist in their flexed knee for pain compliance. As above turn Uke over and press into Uke's elbow.



Hiki Otoshi with Uke on their back



After take down slide forward facing Uke. Their right arm is bent 90 degrees. Your left lower leg is pressing against Uke's right forearm. Press Uke's ankle down and to the left for pain and hold while you press. Uke's shoulders are pinned to the mat. If needed you can turn Uke to their left side while rolling your knuckles into Uke's elbow for armbar while keeping Uke's wrist captured in the bend of their right knee.

GSMA 3rd Brown Belt Review and Test (page 9)

#24 Kazaguruma - wind wheel, back drop Boston crab

Date of solo and throwing dummy live or Video submitted _____

24. Kazaguruma "Wind wheel"



DanZan Ryu-Double leg take down and turn uke over to Boston crab hold. Uke does a double ear slap. Avoid blow or block it. Step in between Uke's feet with your right foot. Your left foot is in line with your right foot behind your left. Grab the back of Uke's thighs from the outside with your head to Uke's right side, hugging Uke close to you. Stand up causing Uke to take a back fall across their shoulder blades. Your forearms now are around the back of Uke's knees. Turn your right foot and hips to the right, fainting a movement to your right. Turn Uke to your left with a knee in their hip causing Uke to turn over to their belly. Step over to Uke's back with your right foot. Facing towards Uke's feet, **simulate** a back break by bringing Uke's knees up as you squat on Ukes lower back. Drop one leg then the other and step into defensive stance. **Kazaguruma step over**- Instead of turning Uke over pull them up higher as their head moves to the left. Step over their right shoulder with your left foot then forward with your right foot. Uke does a back roll type of shoulder movement to protect their neck. Finish the art with back breaker.

Kazaguruma old school spin



Spin one direction then the other direction. Stop and turn Uke over for back break.

Goshin Jitsu 11 - 28

<https://youtu.be/aY1bc2UapYo>

11 - 20 Yasu Nage

<https://youtu.be/bEyqf32AJUY>