

GSMA 2nd Blue Belt Review and Test for other ranks

Students name _____ Date _____

Current rank _____

Testing for the next rank of _____

All of the following arts are in my notebook _____

Using the GSMA rank guideline videos _____ initials

List more advanced rolls and falls _____

List more strikes and blocks _____

List three different self-defense stratagems _____

Yawara

#7 Ryoeri Hazushi - double lapel escape

Date of solo art Video submitted _____

#11 Ryote Tori - double hand hold from a reach

Date of solo art Video submitted _____

#12 Tekubi Tori Ichi - wrist lock from an outside wrist grab

Date of solo art Video submitted _____

#13 Tekubi Tori Ni - thumb lock from an inside wrist grab

Date of solo art Video submitted _____

#14 Imon Tori - hand lock from a push

Date of solo art Video submitted _____

#15 Ryoeri Tori - wrist lock from a double lapel hold

Date of solo art Video submitted _____

#16 Akushu Kote Tori - a thumb lock from a handshake

Date of solo art Video submitted _____

#17 Akushu Ude Tori - an armbar from a hand shake

Date of solo art Video submitted _____

#18 Akushu Kotemaki Tori - A winding wrist lock from a hand shake

Date of solo art Video submitted _____

#19 Kubi Nuki Shime - headlock escape to hammerlock

Date of solo art Video submitted _____

#20 Hagai Shime - bird wing constriction full nelson from a punch

Date of solo art Video submitted _____

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Nage

#3 Okuri Harai - side step, double foot sweep or sending sweep

Date of solo and throwing dummy Video submitted _____

#10 Seoi Nage - back carry throw, shoulder in arm pit

Date of solo and throwing dummy Video submitted _____

#11 Ushiro Goshi - rear hip, counter to Seoi Nage

Date of solo and throwing dummy Video submitted _____

#12 Seoi Goshi - back carry hip, throw with elbow in arm pit

#20 Yama Arashi - mountain storm, block roundhouse throw to rear armbar

Date of solo and throwing dummy Video submitted _____

Shime

#1 Eri Gatame - lapel hold down , arm out

Date of solo and throwing dummy Video submitted _____

#2 Kata Gatame - shoulder hold down arm across Uke

Date of solo and throwing dummy Video submitted _____

#3 Juji Gatame - cross mark hold down

Date of solo and throwing dummy Video submitted _____

#4 Shiho Gatame - four sided hold down, smother hold

Date of solo and throwing dummy Video submitted _____

#7 Namijuji Shime - normal cross choke, fingers in

Date of solo and throwing dummy Video submitted _____

#8 Gyakujuji Shime - reverse cross mark choke, thumbs in

Date of solo and throwing dummy Video submitted _____

#9 Ichimonji Shime - straight line choke, long and short

Date of solo and throwing dummy Video submitted _____

#10 Tsukikomi Shime - thrusting in choke, alternating choke

Date of solo and throwing dummy Video submitted _____