

Nikyu

<p><u>Shime No Kata</u></p> <p><u>Side Mount</u> Eri Gatame (arm lock w/ leg) Kata Gatame (shoulder hold)</p> <p><u>Top Mount</u> Juji Gatame Ichi (cross arm bar 1) Juji Gatame Ni (cross arm bar 2) Juji Gatame San (cross arm bar 3) Sode Guruma Jime (box choke)</p> <p><u>Reverse Mount</u> Shiho Gatame (4 corner hold) Crucifix</p> <p><u>Cross Mount</u> Ude Garami Ichi (arm key lock 1) Ude Garami Ni (arm key lock 2) Ude Garami San (arm key lock 3)</p> <p><u>Guards</u> Open Closed Half</p> <p>Bridge Passing the Guard</p>	<p><u>Gi Chokes</u> Nami Juji Shime (cross arm choke) Ichi Monji Shime (1 long/1short choke) Kata Juji Shime (single arm choke) Okuri Shime (sliding choke) Okuri Kataha Jime (arm trap sliding choke)</p> <p><u>Naked Hands Chokes</u> Hadaka Jime Ichi (naked hand choke 1) Hadaka Jime Ni (naked hand choke 2) Hadaka Jime San (naked hand choke 3) Kataha Jime (sleeper choke w/arm)</p> <p><u>Rear Mount</u> Ashi Morote Gatame (double leg hook in)</p> <p><u>Legs</u> Ashi Sime (foot lock) Morote Ashi Shime (multiple foot lock) Ashi Okuri Shime (sliding choke w/ leg) Ashi Nada Shime Ichi (leg bar 1) Ashi Nada Shime Ni (leg bar 2) Heel Hook Sankaku (figure 4 leg lock)</p>	<p><u>1st Rule of Combat</u> Know Your Own Limitations</p> <p><u>2nd Rule of Combat</u> Find Your Enemies Weakness and Expose It</p> <p><u>Theories</u> 5 Control Points</p> <p><u>Knife</u> Brachial Artery Radial Artery Carotid Artery Subclavian Artery Femoral Artery Temple Eye Nose Ear Jugular Lungs Heart Abdomen Kidneys Groin Love Handles Back of Hand Knife Grab</p> <p><u>Drills</u> Spin Drill Idori</p>
<p>Student must know techniques and have completed min. 78 classes in order to be scheduled to test. The test consists of technique review and 39 minutes of continuous sparring.</p>		