

# Wall to Wall Martial Arts Junior Judo Handbook

**Name:** \_\_\_\_\_

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## **THE STUDY OF JUDO**

The study of Judo is the study of your body, your mind and your heart. Ultimately, it is the study of your character.

Judo has two major ideals: Maximum Efficiency and Mutual Benefit and Welfare. Both of these are foundations of the goal of Judo, which is the “harmonious development and eventual perfection of human character”.

Judo has several aspects: recreation, physical fitness, competition, self-defense, art, social activity, service, etc. At some points during their training, the Judoka will concentrate on one or two of these. At other times, the Judoka will be working on several of these aspects. The important thing to remember is that Judo is big enough for all of these things.

### **Wall to Wall Martial Arts**

Wall to Wall Martial Arts is a diverse and inclusive club, incorporating the many varied aspects of Judo. The goal of our instructors is to help you get what you want and what you need out of Judo, and to put back into Judo what you can.

As a consequence, we have a Judo club that welcomes those studying Judo for any of its multitude of benefits. Most are interested in several, if not all, of the aspects of Judo.

Likewise, Judo training is encouraged for men and women, boys and girls, regardless of age, background or physical condition. It is imperative, however, that the students inform the instructors of any physical condition which may require a modification of their training, specifically including but not limited to chronic injuries or illnesses which may affect their safety or the safety of others.

## RULES OF THE DOJO

1. Students must never use their Judo skill outside of Judo activities, except in self-defense.
2. Students must show respect for themselves, their Sensei, their classmates, and most importantly, their family.
3. Students are responsible for their own safety, and the safety of all of their classmates, throughout the class.
4. Students should bow (*rei*) to all partners when beginning and finishing training sessions with them.
5. Uniforms should be clean, in good repair, and properly worn at all times. This includes keeping nails trimmed and bodies clean.
6. Courtesy and attentiveness are requirements for showing respect, and should be practiced in the Dojo at all times.
7. Students must *rei* (*bow*) onto and off of the practice mat when starting or ending a training session, and should not leave the mat without the permission of the instructor. Emergency situations are obviously an exception.
8. Students should be dressed and ready to participate when class time begins. If a student is running late, they may not come on the mat without the instructor bowing them on.
9. There will be no eating, drinking, or gum chewing on the practice area.
10. No jewelry or sharp objects may be worn on the mat. If you have a piercing which cannot be removed, it must be taped and covered in such a way that it presents no danger.
11. Questions are allowed, encouraged, and expected. Arguing with instructors or upper belts will not be tolerated.
12. It is discourteous, and unsafe, to turn your back to a partner. Students should face their partner at all times, including when adjusting their uniform. The exception to this is if modesty dictates turning away from them.  
*NOTE:* This courtesy is the opposite of most other Martial Arts. If a guest of another club, please follow their rules. If we have guests, please allow for these differences.
13. REMEMBER. Judo training should be fun, but must be taken seriously.

## JUDO – HISTORY AND BACKGROUND

*JuJitsu*, when translated into English, means *gentle or yielding techniques*. There are several different styles of JuJitsu, such as the Small Circle Jujitsu of Sensei Wally Jay and the Brazilian JuJitsu of the Gracie Family. Several other martial arts, though not known as JuJitsu, could be correctly identified as a style of JuJitsu. Judo, Aikido, Aiki-jitsu, Sambo, and Sumo would all fit into this category. If you add in western-based styles of fighting, wrestling could be considered a type of JuJitsu.

JuJitsu practice began in Japan hundreds of years ago. Families with strong fighting skills would pass these skills down generation by generation, and would on rare occasions “adopt” men outside their families to train. Eventually, these families developed schools, where their own unique brand of JuJitsu would be taught. As time progresses, these schools became more and more specialized into different fields, such as hip throws, arm locks, or kicks. It was not until the end of the 19<sup>th</sup> century that this changed.

In 1882, Dr. Jigoro Kano created what was not only a new style of JuJitsu, but also a complete reworking of the martial arts system in Japan. He called this new system *Judo*. Unlike the other schools, which taught forms and techniques simply because their forefathers had, Judo had criteria on which all techniques and skills were judged: efficiency. For Dr. Kano, techniques which were awkward, involved unnecessary form or movement, or which could not be practiced at full force were too inefficient to waste time teaching. Techniques that did not meet these standards were either not taught at all, or included in Kata for historical purposes. The other Senseis of JuJitsu were incensed, and challenged that the lack of killing and maiming techniques in Judo limited its effectiveness. Dr. Kano offered to prove the effectiveness of Judo, and a challenge match was arranged. Ten of the students from the Kodokan, the Judo school, were to be paired up against the ten best Jujitsu fighters from all the other schools in Japan. The Judo students did not lose a single match.

After this, classical Jujitsu in Japan dwindled to almost nothing, and Judo soared in popularity. Dr. Kano brought the sport and martial art of Judo around the world, and worked tirelessly towards promoting it until his death. Judo became the first martial art in the Olympics, and is still the most popular and practiced martial art in the world today.

## **KATA**

*Kata* (forms) are one of the three component parts of Judo Training. While generally thought to only be "The Katas of Judo", indicating the pre-arranged sequences of techniques in Judo, at Wall to Wall Martial Arts we use this term to include all of the training methods used to develop individual techniques and series of actions. In most of these training actions, there is an attacker (*Tori*) and a defender (*Uke*), although this is not always the case. Some of the particular techniques or training tools used in Judo are listed as follows:

**Uchi Komi** - An Uchi Komi is where *Tori* attempts a technique, usually a throw or combination, on the *Uke*, without the final execution of the technique. This is sometimes done stationary (static) or with movement (dynamic).

**Crash Pad Throws** - Throwing into the crash pad is a great way to develop the execution of throws or combinations, where the *Tori* can put full force into the throw with a minimum of risk to *Uke*.

**Drills** - Repetitive actions of a single combination, technique, or even portion of technique, in order to ingrain the movement in the Judoka.

Of course, there are also the formal techniques of Judo, such as the *Nage No Kata* and *Katame No Kata*. These, and the other seven Katas of Judo, serve to fine-tune the technical aspects of Judo, preserve and practice historical techniques on which Judo is based, and emphasize the movement and flow of Judo.

## **RANDORI**

*Randori*, or free practice, is the heart of Judo training. Randori is a situation where there is no Tori or Uke, but rather both people are equal. This is where a Judoka is attempting to apply the techniques and strategies learned against a partner who is not being completely cooperative. Randori can be classified according to what type of Randori it is and what the ratio of cooperation/competition is between the partners.

### **Types of Randori**

**Ground Randori** - Ground Randori starts in a grappling mode, with neither partner standing either at the beginning or throughout the session.

**Standing Randori** - Standing Randori starts in standing position and, upon one partner going to the ground, stops and restarts in the standing position.

**Randori** - Randori includes both standing and groundwork, but will start in the standing position and return to standing if there is no progress in groundwork.

### **Intensity of Randori**

**Light Randori** - Light Randori occurs when the Judoka are not resisting or attempting to counter the application of their partner's techniques, and, when applying techniques, are doing so with reduced speed and strength.

**Medium Randori** - Medium Randori occurs when the Judoka are using most (but not all) of their strength and speed and are giving significant resistance to techniques being applied by their partner.

**Heavy Randori** - Heavy Randori occurs when the Judoka is using all of their strength, speed and skill to apply techniques and prevent their partner from executing techniques. The major difference between this and Shiai (Tournament) is the mental attitude and strategy of the Judoka.

Randori may look like competition, but the goal of Randori is to practice techniques and strategies in a dynamic and changing environment.

## **SHIAI**

Judo contests (Shiai) are the most recognizable part of Judo, and, for some Judoka, it is the primary focus of their training. Judo contests are conducted within specified age and weight categories, and often within specific belt categories. Most Judo competitions follow either the standard rules of Olympic Judo, or a slightly modified set of rules. Most of the modifications are minor issues regarding safety. In contest Judo, the goal is to beat your partner, who in this instance is your opponent.

There are two general ways to approach Judo competition and preparation for it. Neither is wrong, but a Judoka should have a clear understanding of which one he or she wants to follow, and should explain this to the Sensei (teacher) as well.

1. **Training for Competition:** This is the mentality of the Judoka trying to win championships and improve themselves at competitive Judo. Specifically, the Judoka focuses on improving those skills which are applicable to competition. While this is a difficult and not a well-rounded approach to Judo, it is, to a certain extent, necessary for external successes in Judo competition.

2. **Competing for Training:** This is the mentality of the Judoka who competes in order to develop a well-rounded base of Judo skill and experience. Competitions can help a Judoka understand aspects of Judo which can be much more difficult to master in a classroom setting. This is a great focus for most Judoka, but can be a bit distracting to the serious competitor.

## CROSS TRAINING

Cross training can be divided into two categories: Cross training for the physical mechanics of Judo, and cross training to improve the understanding of Judo.

**Physical Activities:** Simply put, this is training your body outside of the Dojo to improve your ability to do Judo. This process can be of great benefit to any Judoka, and is a necessity for those wishing to train for championships. Some of the more beneficial activities to improve Judo are as follows:

1. Running/Walking - Improves wind (aerobic conditioning), posture, and leg strength.
2. Weight Training/Calisthenics - Improves strength, muscular endurance, and posture.
3. Yoga/Stretching - Improves flexibility/balance.
4. Basketball - Improves endurance, coordination, and balance.
5. American Football - Improves physical toughness and explosiveness.
6. Gymnastics - Improves flexibility, muscular strength, posture and balance.
7. Dance (Ballet, Modern, Jazz) - Improves posture, grace, strength, endurance, aerobic conditioning, flexibility, explosiveness and balance.

Of course, this is just a short list. Any physical activity which makes the Judoka's body stronger, more supple, more efficient, or longer lasting will improve their ability to do Judo, just as Judo will improve their ability to do all of these other activities.

**Supplemental Training:** Supplemental training is training in other martial arts or combative sports in order to improve Judo skills, reach a better understanding of Judo, gain an appreciation of other martial arts, or add techniques not normally or often taught in class. The concentration areas of some specific styles are as follows:

1. Karate/Tae Kwon Do/Kick Boxing - These styles teach kicks and punches, as well as blocks of kicks and punches.
2. Aikido/Hap Ki Do/Japanese Ju Jitsu - These styles teach joint locks, take-downs, and control holds, mostly from standing.
3. Brazilian Ju Jitsu/Shoot Fighting/Open Style Grappling - These styles teach joint locks and submissions, mostly from groundwork.

This is a woefully inadequate list, and does not even include weapons styles.

Training in these can be of great benefit to your Judo, but there are some courtesies and precautions you should always follow:

1. Always tell your instructor you want to try another style and be specific about the circumstances. In addition to being courteous, there might be some information you need to know before you go in.
2. Always obtain the invitation/permission of the instructor of the school you are going to, letting them know who you are and why you are there.
3. Always wear a White Belt when visiting a different style martial art. If visiting another Judo Dojo, wear your current rank.
4. You are there to learn, so listen, follow instructions, and be very respectful.
5. Try watching a class before participating, so you will know what to expect.

You can do things outside of Judo to improve Judo, but it is important to remember that the best way to improve your Judo is to practice Judo whenever you can.

## **SERVICE TO JUDO**

Service to Judo is a broad category, and rightfully so. Remember, the ultimate goal of Judo, as described by Dr. Kano, is as follows:

"The harmonious development and eventual perfection of human character."

The wording is very important. The ultimate goal of Judo is not to develop winning techniques, or precise form, or accumulate medals, although all of these things can play an important part of your Judo development. Instead, it is to make the Judoka into a better person, in the physical, intellectual, and moral sense. As such, service to Judo is extremely important. As you progress in skill level, this can manifest in many forms, of which the following are but a few examples

### **Beginners:**

1. Obey instructions immediately and listen carefully to the instructors.
2. Help out around the Dojo by cleaning up, picking up trash, and being courteous to all guests and fellow teammates.
3. Model the behavior a Judoka should have, all the time.
4. Bring other people into Judo.

### **Intermediate:**      In addition to the above,

1. Help instruct lower level students.
2. Assist with tournaments, clinics, etc.
3. Be an example to lower belts in terms of leadership, and focus.
4. Be ready to assist the instructors when asked.

## **Advanced:**

The advanced (Brown Belt and above) should exhibit all of the above behaviors as well as the following:

1. Strive to become competent at tournament related activities, such as technical official or referee.
2. Learn how to and become a certified coach.
3. Assist with teaching classes.
4. Help other Judoka before and after classes.
5. Provide administrative support for running the club.

Of course, these are just a few of the example of the ways a Judoka can help out and provide service to Judo. Remember, try to give back to others the time and energy that was dedicated to you.

## MINIMUM PROMOTION REQUIREMENTS

The following is a list of the Minimum Promotion Requirements for the listed ranks. In no way does completion of the minimum requirements indicate that the student will be promoted. Rank promotion is NEVER a guarantee simply based on attendance. Proper behavior and demonstration of adequate knowledge are also factors.

We utilize a “Semester” based promotion system which means that we have rank evaluations for all Jr ranks above Yellow Stripe every 4 months. Prior to each rank evaluation the students will be given a Permission to Promote Form. This Form along with the appropriate Promotion Fee must be brought in BEFORE the student’s scheduled promotion evaluation.

### JUNIOR RANKS

Rank	Belt	Minimum Time in Grade:	Total Minimum Time in Judo:	Total Number of Semesters Required:	USJA Membership Requirement:	Minimum Number of Classes:	Promotion Fee:
0	White	None	None	0	Yes	0	None
0.5	Wht\Yel	None	6 Weeks	0	Yes	8	\$15
1	Yellow	10 weeks	4 months	1	Yes	20	\$25
2	Yel\Blk	4 months	8 months	1	Yes	25	\$25
3	Orange	4 months	1 year	1	Yes	25	\$25
4	Or\Blk	4 months	1 Y 4M	1	Yes	25	\$25
5	Green	4 months	1 Y 8 M	1	Yes	25	\$25
6	Gn\Blk	4 Months	2 Years	1	Yes	25	\$25
7	Blue\Wh	4 Months	2 Y 4 M	1	Yes	25	\$25
7A	Blue	4 Months	2 Y 8 M	1	Yes	25	\$25
7B	Bl\Blk	4 Months	3 Years	1	Yes	25	\$25
8	Purple\Wh	4 Months	3 Y 4 M	1	Yes	25	\$25
8A	Purple	4 Months	3 Y 8 M	1	Yes	25	\$25
8B	Pu\Blk	4 months	4 Y	1	Yes	25	\$25
9	Brw\Wh	8 Months	4 Y 8 M	2	Yes	50	\$25
9A	Brw\Blk	8 Months	5 Y 4 M	2	Yes	50	\$25
10	Brown	8 Months	6 Y	2	Yes	50	\$35

### Requirements for Promotion to

## **White Belt with Yellow Stripe (Junior 0.5)**

### **Throws:**

O Soto Gari - Large Outer Reap

Kubi Nage - Neck Throw

### **Pins:**

Kesa Gatame - Scarf Hold + Bridge and Roll

Mune Gatame – Chest Hold + Guard Recovery

### **Mat Work:**

Cross Face Turnover

## **Core Vocabulary and General Knowledge**

Students will be required to know this information for **EVERY** promotion

- |    |   |  |
|----|---|--|
| 1. | <b>What is the name of your Judo Club?</b>          | Wall to Wall Martial Arts                          |
| 2. | <b>What are the names of your Judo instructors?</b> | Senseis _____                                      |
| 3. | <b>What does Judo mean in English?</b>              | The Gentle Way                                     |
| 4. | <b>Who was the founder of Judo?</b>                 | Dr. Jigoro Kano                                    |
| 5. | <b>What is the name of the first Judo school?</b>   | The Kodokan  |
| 6. | <b>What are the two main principles of judo?</b>    | Maximum Efficiency &<br>Mutual Benefit and Welfare |

**Kiyotsuke – Attention**

**Rei - Bow**

**Hajime – Begin**

**Matte – Stop**

**Sensei – Teacher**

**Don't forget to study the Misc. Skills on page 21!**

**SEMESTER 1 – JANUARY THROUGH APRIL**



### **Throws**

Sode Tsuru Komi Goshi – Sleeve Lifting Hip Throw  
Hikki Komi Gaeshi – Back Fall Reversal (aka Pull-In Reversal)  
Ippon Seoi Nage – One Arm Shoulder Throw

### **Pins**

Kazure Kami Shiho Gatame – Modified Upper 4 Corner Hold + Leg Swing or Bridge & Roll Escape  
Yoko Shiho Gatame – Side Locking 4 Corner Hold – Bridge, Shrimp, Guard Recovery

### **Mat Work**

Cowboy Turnover  
Elbow & Knee Turnover (Stepping back)  
Elbow & Knee Turnover (Straddling)

### **Self-Defense**

Attack - Front 2 Hand Choke. Defense – Trap 1 hand, Arm Up & Over, Rear Elbow Strike, Osoto Gari  
Attack - Double Wrist Grab. Step Back & Free 1 Hand, Backhand Strike, Elbow Push Down.

### **Vocabulary & General Knowledge**

**(Remember that you must also study the Yellow Stripe Vocabulary as well!)**

**Sode - Sleeve**

**Tsuru Komi – Lifting Pulling**

**Gaeshi - Reversal**

**Kazure - Reverse**

**Shiho – 4 Corner**

**Yoko - Side**

**1. What is Jita Koyei?**

**2. What is Randori?**

**3. Count to 10 in Japanese.**

**1 – Ichi**

**2 – Ni**

**3- San**

**4- Shi**

**5 – Go**

**6 - Roku**

**7 - Shichi**

**8 - Hachi**

**9- Ku**

**10 - Ju**

**Mutual Benefit & Welfare**

**Free Practice**

**Don't forget to study the Misc. Skills on page 21!**  
**SEMESTER 3 – SEPTEMBER THROUGH DECEMBER**

### **Throws**

Tani Otoshi – Valley Drop (Vs hip throw)  
Sukui Nage – Scooping Throw (Attacking)  
Tomoe Nage – Circle Throw

### **Pins**

Uki Gatame – Floating Hold + Push Away Knee & Recover Guard  
Tate Shiho Gatame – Top Locking 4 Corner Hold

### **Mat Work**

Balloon Sweep (Tomoe Nage vs Standing Opponent)  
Step Back Pass

### **Self-Defense**

Attack – Side Headlock. Defense – Sukui Nage.  
Attack – Rear Bear Hug Over Arms. Defense – Lift Arms, Step Behind, Sukui Nage.

### **Vocabulary & General Knowledge**

**(Remember that you must also study the Yellow Stripe Vocabulary as well!)**

<b>Tani - Valley</b>	<b>Nage - Throw</b>
<b>Otoshi - Drop</b>	<b>Tomoe - Circle</b>
<b>Sukui - Scooping</b>	<b>Tate - Top</b>

1. What does the Referee call Osaekomi mean?
2. What does the Referee call Toketa mean?
3. Count to 10 in Japanese.

**Hold Down!**  
**Hold Down Broken!**

- |         |           |
|---------|-----------|
| 1. Ichi | 6. Roku   |
| 2. Ni   | 7. Shichi |
| 3. San  | 8. Hachi  |
| 4. Shi  | 9. Ku     |
| 5. Go   | 10. Ju    |

**Don't forget to study the Misc. Skills on page 21!**

**SEMESTER 4 – JANUARY THROUGH APRIL**

**Throws:**

Ouchi Gari – Large Inner Reap  
Seoi Otoshi – Drop Knee Shoulder Throw  
Kibisu Gaeshi – Heel Trip Reversal

**Pins:**

Kami Shiho Gatame – Upper 4 Corner Hold + Leg Swing or Bridge & Roll Escape  
Kata Gatame – Shoulder Hold + Arm Trap Bridge & Roll

**Mat Work:**

Hip Bump  
Level Change (stand up) to Bull Fighter Guard Pass  
Kick Sweep

**Self-Defense:**

1 – Attack -Morote Gari/Tackle. Defense – Sprawl, Spin, Back Take, Pin  
2 – Attack – Cross to Head. Defense – Step In Block, Throat Strike, Osoto Gari

**Vocabulary & General Knowledge**

**(Remember that you must also study the Yellow Stripe Vocabulary as well!)**

<b>O - Large</b>	<b>Harai - Sweep</b>
<b>Uchi - Inner</b>	<b>Kami - Upper</b>
<b>Gari - Reap</b>	<b>Gatame - Hold</b>

<b>1. What is the minimum age for Judo Black Belt?</b>	<b>16 years old</b>
<b>2. What is the highest Jr rank offered at W2W?</b>	<b>Jr. Brown w/Black Stripe</b>

**3. Count to 10 in Japanese.**

<b>1 – Ichi</b>	<b>6 - Roku</b>
<b>2 – Ni</b>	<b>7 - Shichi</b>
<b>3- San</b>	<b>8 - Hachi</b>
<b>4- Shi</b>	<b>9- Ku</b>
<b>5 – Go</b>	<b>10 - Ju</b>

**Don't forget to study the Misc. Skills on page 21!**

**SEMESTER 5 - MAY THROUGH AUGUST**

### **Throws**

KoSoto Gake – Small Outer Hook  
KoUchi Gake – Small Inner Hook  
Koshi Garuma – Hip Wheel

### **Pins**

Kami Shiho Gatame – Upper 4 Corner Hold - + Leg Swing or Bridge & Roll Escape  
Ushiro Kesa Gatame – Reverse Scarf Hold + Bridge & Roll or Shoulder Roll

### **Mat Work**

Stacks Guard Pass  
Arm Sweep & Roll  
Key Lock Pass vs Half Guard

### **Self-Defense:**

**Attack** – Rear Bear Hug Under Arms. **Defense** – Maki Komi  
**Attack** – Full Nelson. **Defense** – Spread Arms, Step Out and Behind, Gedan Ate

### **Vocabulary & General Knowledge**

**(Remember that you must also study the Yellow Stripe Vocabulary as well!)**

**Ko – Small**  
**Soto - Outer**  
**Gake – Hook**

**Uchi - Inner**  
**Koshi - Hip**  
**Garuma - Wheel**

**1. What is Jita Koyei?**

**Mutual Benefit & Welfare**

**2. What is Ukemi?**

**Falling Methods or Ways**

**3. Count to 10 in Japanese.**

<b>1 – Ichi</b>	<b>6 - Roku</b>
<b>2 – Ni</b>	<b>7 - Shichi</b>
<b>3- San</b>	<b>8 - Hachi</b>
<b>4- Shi</b>	<b>9- Ku</b>
<b>5 – Go</b>	<b>10 - Ju</b>

**Don't forget to study the Misc. Skills on page 21!**

**SEMESTER 6 – SEPTEMBER THROUGH DECEMBER**

### **Throws**

Uchi Mata – Iner Thigh Reap

Maki Komi – Wrap Around Throw

Seoi Otoshi – Drop Knee Shoulder Throw (Right Side Grip, Left Side Throw)

### **Pins**

Kazure Kesa Gatame – Modified Scarf Hold + Bridge & Roll or Leg Entanglement

Mune Gatame – Chest Hold – Bridge, Shrimp, Guard Recovery

### **Mat Work**

Double Ankle Sweep Vs Standing Opponent

Leg Hug Pass vs ½ Guard

Stack & Flip to Back Take & Pin

### **Self-Defense:**

**Basic Striking Skills** – Jab, Cross, Front & Side Snap Kicks, Covering Up.

### **Vocabulary & General Knowledge**

**(Remember that you must also study the Yellow Stripe Vocabulary as well!)**

**Seoi - Shoulder**

**Otoshi - Drop**

**Uchi - Inner**

**Kazure - Modified**

**Gatame - Hold**

**Shiai - Tournament**

**1. What does the Referee call Osaekomi mean?**

**2. What does the Referee call Toketa mean?**

**3. Count to 10 in Japanese.**

**1. Ichi**

**2. Ni**

**3. San**

**4. Shi**

**5. Go**

**6. Roku**

**7. Shichi**

**8. Hachi**

**9. Ku**

**10. Ju**

**Hold Down!**

**Hold Down Broken!**

**Don't forget to study the Misc. Skills on page 21!**

**Jr. Judo Misc. Skills by Rank**

These Skills are Cumulative. At each promotion the student must demonstrate all previous skills.

### **White/Yellow Belt**

Back Fall  
Kneeling Roll

**Yellow Belt**

Back Fall w/2 steps  
Proper Belt Tying

**Yellow/Black Belt**

Right Sided Standing Roll (staying down)  
Proper standing bow

**Orange Belt**

Standing Roll (coming up)

**Orange/Black Belt**

Kneeling Front Fall  
Over Shoulder Back Roll

**Green Belt**

Belt Held Turnout  
Seiza (sitting on knees)

**Green/Black Belt**

Cart Wheel/Roundoff  
Proper Kneeling Bow

**Blue Belt**

Head First Shrimping

**Blue/Black Belt**

Standing Rolls R & L

**Purple Belt**

Standing Front Fall  
Feet First Shrimping