



DECEMBER 2015

1. MONTHLY CLASS OUTLINE

- a. THROW
 - i. OGOSHI
- b. PIN
 - i. YOKO SHIHO GATAME
 - ii. ADULT CLASS
 - 1. TATE SHIHO GATAME
- c. CHOKE
 - i. ADULT CLASS ONLY
 - 1. ASHI JIME
 - a. BACK MOUNT DRILL TECHNIQUE SIX
- d. JOINT LOCK
 - i. ADULT CLASS ONLY
 - 1. KOTE KUDAKI
 - a. WRIST LOCK FLOW
 - i. TECHNIQUES 8 AND 9
- e. STRIKES
 - i. HAND
 - 1. PALM HEEL STRIKES
 - ii. FOOT
 - 1. FRONT KICK WITH INSTEP

2. KATA

- a. BOTH CLASSES
 - i. HAND KATA ONE
- b. ADULT CLASS
 - i. GOSHIN JUTSU NO KATA