

Jiu-Jitsu

“Gentle Art”

All Previous Information must be remembered

- List and explain **Tewaza 15**:
- Describe “Yama Arashi”:
- Describe “Uchi Mata”:
- Describe “Kani Basami”:
- Describe “Osoto Garuma”:
- Describe #41 “Low Charge—Kaitenage / Prone t—Shoulder Pin”:
- Describe #42 “Hook Punch-Osoto Garuma”:
- Describe #43 “Straight Punch-Yama Arashi”:
- Describe #44 “Front Kick-Uchi Mata”: