

Jiu-Jitsu

“Gentle Art”

- List and explain **Tewaza 11**:
- List and explain **Tewaza 12**:
- Describe “Hikkinage”:
- Describe “Sumiotoshi”:
- Describe “Seiootoshi”:
- Describe #32 “Low Charge-Sprawl”:
- Describe #33 “Hook Punch-Irimi nage”:
- Describe #34 “Straight Punch-Sumiotoshi”:
- Describe #35 “Straight Punch-Hikkinage”: