



Lakewood Budo Kai



OKU NO KATA (COMBINATION ARTS)

	Niikyu	Ikkyu	Shodan
1. Deashi Hayanada – Foot sweep into arm bar, one leg over	X	X	X
2. Ogoshi Hayanada – Hip throw into arm bar, two legs over	X	X	X
3. Seoi Hayanada – Flying mare into arm bar, two legs up	X	X	X
4. Norimi – Counter to Ogoshi into strangle	X	X	X
5. Sumigaeshi – Corner throw	X	X	X
6. Mizukuguri – Counter to ear drum slap		X	X
7. Maiyamakage – Back to back throw		X	X
8. Komiiri – Leg split		X	X
9. Kote Gaeshi – Counter two blows		X	X
10. Sakanuke – Stomach bump		X	X
11. Gyakute Nage – Arm bar throw		X	X
12. Hontomoe – Circle throw and strangle		X	X
13. Katate Tomoe – One hand circle throw		X	X
14. Shigarami – Left side flying mare		X	X
15. Gyaku Shigarami – Hammerlock with foot		X	X
16. Kote Shigarami – Reverse arm lock			X
17. Koguruma – Pile driver			X
18. Tora Nage – Tiger throw			X
19. Tora Katsugi – Belt throw, back to back			X
20. Arashi Otoshi – Quick standing strangle			X
21. Hiki Otoshi – Hand lock under knee			X
22. Kinu Katsugi – High over shoulder throw			X
23. Kin Katsugi – Low over shoulder throw			X
24. Kazaguruma – Boston crab			X
25. Gigoku Otoshi – Airplane spin			X