



Adelaide Academy of Combat & Defence

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Grading Syllabus – Brown

- 1) Rear naked choke
- 2) 2 X left and right Ippon saeonage
- 3) 2 X left and right Uke goshi
- 4) 2 X left and right 1 Hand shoulder grab 4
- 5) 2 X left and right 1 Hand shoulder grab 5
- 6) 2 X left and right 1 Hand shoulder grab 6
- 7) 2 X left and right 1 Hand lapel grab 3
- 8) 2 X left and right 1 Hand lapel grab 4
- 9) 2 X left and right 1 Hand lapel grab 5
- 10) 2 X Back collar grab 1
- 11) 2 X Back collar grab 2
- 12) 2 X Back collar grab 3
- 13) 2 X 2 Hand lapel grab 1
- 14) 2 X 2 Hand lapel grab 2
- 15) 2 X left and right 1 Hand sleeve grab 1
- 16) 2 X left and right 1 Hand sleeve grab 2
- 17) 2 X 2 Hand sleeve grab front 1
- 18) 2 X 2 Hand sleeve grab front 2
- 19) 2 X 2 Hand sleeve grab front 3
- 20) 2 X 2 Hand sleeve grab front 4
- 21) 2 X left and right Side body grab 1
- 22) 2 X left and right Side body grab 2

Pass (29) Good (40) Exe (53)