

Brown Belt #2 Test

Know the following Gokyos (groups of throws, each containing 8) and some of Sensei Max's favorites.
[Click here to see the links to the full list of all 5 Gokyos and videos for the techniques.](#)

Group 1

- Deashi Harai - Forward Foot Sweep
- Hiza Guruma - Knee Wheel
- Sasae Tsurikomi Ashi - Propping Ankle Throw
- Uki Goshi - Floating Hip Throw
- Osoto Gari - Major Outer Reap
- O Goshi - Major Hip Throw
- Uchi Gari - Major Inner Reap
- Morote Seio Nage - Two Armed Shoulder Throw

Group 2

- Kosoto Gari - Minor Outer Reap
- Kouchi Gari - Minor Inner Reap
- Koshi Guruma - Hip Wheel
- Tsurikomi Goshi - Lifting Pulling Hip
- Okuriashi Harai - Following Foot Sweep
- Tai Otoshi - Body Drop
- Harai Goshi - Sweeping Hip Throw
- Uchi Mata - Inner Thigh Throw

Group 3

- Kosoto Gake - Minor Outer Hook
- Tsuru Goshi - Lifting Hip
- Yoko Otoshi - Side Drop
- Ashi Guruma - Leg Wheel
- Hane Goshi - Spring Hip Throw
- Harai Tsurikomi Ashi - Lifting Pulling Sweep
- Tomoe Nage - Circle Throw
- Kata Guruma - Shoulder Wheel

Group 4

- Sumi Gaeshi - Corner Reversal
- Tani Otoshi - Valley Drop
- Hane Makikomi - Spring Wrap Throw
- Sukui Nage - Scoop Throw
- Utsuri Goshi - Change Hip Throw
- O Guruma - Large Wheel
- Soto Makikomi - Outer Wrap Throw
- Uki Otoshi - Floating Drop

Sensei Max's Favorites

- Kouchi Sutemi - Minor Inner Sacrifice
- One Arm Tai Otoshi - Single Arm Body Drop
- Knee Pump Fake
- Drop Uchi Gari from High Hand

Renraku-waza (Combination Techniques) - Demonstrate 5 combination techniques:

Combo 1: First Throw _____ goes into Second Throw _____

Combo 2: First Throw _____ goes into Second Throw _____

Combo 3: First Throw _____ goes into Second Throw _____

Combo 4: First Throw _____ goes into Second Throw _____

Combo 5: First Throw _____ goes into Second Throw _____

Combo 6: First Throw _____ goes into Second Throw _____

Osaekomi Waza (Pinning Techniques) - Demonstrate any 10 from below. Highlight or circle them.

[See full pin list here:](#)

- Kami Shiho Gatame - Upper Four Quarter Hold
- Hon Kesa Gatame - Basic Scarf Hold
- Kuzure Kesa Gatame - Modified Scarf Hold
- Yoko Shiho Gatame - Side Four Quarter Hold
- Tate Shiho Gatame - Straight Four Quarter Hold
- Kuzure Kami Shiho Gatame - Modified Upper Four Quarter Hold
- Ushiho Kesa Gatame - Reverse Scarf Hold
- Uki Gatame - Floating Hold (S-Mount Pin)
- Ura Gatame - Back Hold (like Ushiho Kesa Gatame but Chest faces ceiling)
- Kata Gatame - Shoulder Hold
- Kuzure Tate Shiho Gatame - Modified Straight Four Quarter Hold
- Makura Kesa Gatame (or see this photo)
- Mune Gatame - Chest Hold

Shime Waza (Choking Techniques) - Demonstrate any 10 from below. Highlight or circle them. [See full choke list here:](#)

- Gyaku Juji Jime - Reverse Cross Choke
- Nami Juji Jime - Normal Cross Choke
- Kata Juji Jime - Half Cross Choke
- Hadaka Jime - Rear Naked Choke
- Kata Ha Jime - Single Wing Choke
- Kata Te Jime - One hand Choke
- Okuri Eri Jime - Sliding Lapel Choke
- Ryo Te Jime - Two Handed Choke
- Sankaku Jime - Triangle Choke
- Sode Guruma Jime - Sleeve Wheel Choke
- Tsukkomi Jime - Thrust Choke
- Ashi Jime - Leg Choke (Canto Choke)

Kansetsu Waza (Joint Lock Techniques) - Demonstrate all 10 from below. Highlight or circle them. [See full armbar list here:](#)

- Juji Gatame - Cross Lock
- Hiza Gatame - Knee Armbar
- Ashi Gatame - Leg Armbar
- Hara Gatame - Stomach Armbar
- Hiza Gatame - Knee Lock
- Te Gatame - Hand Lock
- Waki Gatame - Armpit Lock
- Ude Gatame - Straight Arm Lock
- Sankaku Gatame - Triangular Lock
- Ude Garami - Bent Arm Lock

Newaza Skills - Demonstrate 18 ground skills/turnovers of your choice. [See full newaza skill list here:](#)

1. Technique Name: _____

2. Technique Name: _____

3. Technique Name: _____

4. Technique Name: _____

5. Technique Name: _____

6. Technique Name: _____

7. Technique Name: _____

8. Technique Name: _____

9. Technique Name: _____

10. Technique Name: _____

11. Technique Name: _____

12. Technique Name: _____

13. Technique Name: _____

14. Technique Name: _____

15. Technique Name: _____

16. Technique Name: _____

17. Technique Name: _____

18. Technique Name: _____