

Samurai Cop Academy

Shodan Exam

Empty Handed Techniques:

Single Wrist Grab – Forearm Kote Gaeshi
Cross Wrist Grab – Kote Gaeshi Osoto Gari
Cross Wrist Grab – Nikajo – Kote Gaeshi
Behind Both Wrists Grab – Kote Gaeshi
Behind Both Wrists Grab – Irimi-Nage

Shoulder Grab with Face Punch – Kote Gaeshi
Shoulder Grab with Face Punch – Ippon Seoinage
Shoulder Grab with Roundhouse Punch – Osoto Gari
Two Handed Shoulder Grab with Pull – Osoto Otoshi

Two Handed Straight Arm Choke – Knee Strike Throw
Front Two Handed Straight Arm Choke – Step Away Strike Take Down
Rear Choke – Osoto Gari
Side Headlock Escape – Osoto Gari

Front Strike – Ippon Seoinage
Front Strike – Kote Gaeshi - Irimi-Nage
Backhand Strike – Kote Gaeshi - Irimi-Nage
Side Strike – Kote Gaeshi - Irimi-Nage

Face Punch – Inside Parry Block – Elbow Strike Osoto Gari
Face Punch – Outside Parry Block Inner Arm Take Down
Face Punch – Tai Sabaki Take Down
Face Punch – Ippon Seoinage
Face Punch Lay Block Combination Throws:
Osoto Gari – Irimi-Nage – Shiho-Nage – Kote Gaeshi

Roundhouse Punch – Osoto Gari
Roundhouse Punch – Tai Otoshi
Roundhouse Punch – Shiho-Nage
Roundhouse Punch – Soto Makikomi
Roundhouse Punch – Soto Makikomi – Katami Waza

Weapon Disarming:

Front Strike with Club – Kote Gaeshi
Side Strike with Club – Ippon Seoinage
Backhand Strike with Club – Irimi-Nage
Knife Across Throat – Kote Gaeshi
Knife Under Chin with Shoulder Grab – Kote Gaeshi
Knife To Side of Neck – Soto Makikomi

Free Style: one on one
two on one