



### Part 2. Techniques

Listed according to the lessons

#### BT Lesson 1

Ai Hanmi Katate Tori **Nikkyo**  
*Ura*

Drill 1: Inside Turn for Nikkyo  
Drill 2: Nikkyo Release for Tenkan

#### BT Lesson 2

Ai Hanmi Katate Tori **Ikkyo**  
*Ura and Omote*

Drill 1: Ping Pong Turns  
Drill 2: Suwari Waza Ikkyo  
Drill 3: Switch to Nikkyo

#### BT Lesson 3

Ai Hanmi Katate Tori **Sankyo**  
*Ura and Omote*

Drill 1: Nikkyo Failure  
Drill 2: Alternative Twisting Control  
Drill 3: Suwari Waza Sankyo

#### BT Lesson 4

Ai Hanmi Katate Tori **Kote Gaeshi**  
*Ura and Omote*

Drill 1: Standing Up for Kote Gaeshi  
Drill 2: Sumi Otoshi Forearm Pull  
Drill 3: Nikkyo Switch to Kote Gaeshi  
Drill 4: Suwari Waza Kote Gaeshi

#### BT Lesson 5

Ai Hanmi Katate Tori **Irimi Nage**  
*Ura and Omote*

Drill 1: Shomen Uchi Kiri Otoshi  
Drill 2: Without Leveraging Arm  
Drill 3: Suwari Waza Irimi Nage

#### BT Lesson 6

Ai Hanmi Katate Tori **Shiho Nage**  
*Ura and Omote*

Drill 1: Hanmi Handachi - Gyaku  
Drill 2: Switch to Sokumen Irimi  
Drill 3: Final Control Reinforcement

#### BT Lesson 7

Gyaku Hanmi Kata Tori  
**Ude Garami**

Drill 1: Switch to Nikkyo  
Drill 2: Legs Takedown Counters

#### BT Lesson 8

Gyaku Hanmi Katate Tori  
**Uchi Kaiten Nage, Ura and Omote**

Drill 1: Rotation and Irimi Entrance  
Drill 2: Switch to Koshi  
Drill 3: Switch to Ude Garami

#### BT Lesson 9

Ai Hanmi Katate Tori **Ude Kime Nage**  
*Ura and Omote*

Drill 1: Switch to Irimi Nage  
Drill 2: Switch to Nikkyo  
Drill 3: Switch to Kaiten Nage

#### BT Lesson 10

Rio Katate Tori **Kokyu Ho**

Drill 2: Switch to Side Entry  
Drill 3: Switch to Kokyu Nage