

Jiu-Jitsu *“Gentle Art”*

- List and explain **Tewaza 13**:
- List and explain **Tewaza 14**:
- Describe “Osoto Makikomi”:
- Describe “Uchi Makikomi”:
- Describe “Kouchi Makikomi”:
- Describe #36 “Rear Forearm Choke-Seio otoshi”:
- Describe #37 “Bear Hug (under arms) Soto Makikomi”:
- Describe #38 “Straight Punch-Whiplash”:
- Describe #39 “Hook Punch-Shuto/Palm to Ear / Uchi Makikomi / Kesa Gatame”:
- Describe #40 “Hook Punch-Kouchi Makikomi”: