



STRONG

Bears are solitary creatures. Bears are loose in the neck and shoulders. Bears are powerful, and drop their weight. Bears also like to have fun.

PROMOTION REQUIREMENTS

Straight-Arm throw



YONKYO

Kick your feet into the air and land with a loud SLAP to the mat.

SLAP-FALLS

Heavy technique. Do your technique with people grabbing and pushing very hard.

YO-WAZA

PRIVATE

Do a randori with people grabbing and pushing very hard. Also lead warmups in class a few times.

24 HOURS

Be big and strong like a bear.
Make noise and let yourself out!