



EXTENDING

Frogs stretch across 2 words: land and water. Frogs can jump ten times their own body length.

Cross 2 worlds: air and mat. Roll!

PROMOTION REQUIREMENTS

Entering Throw
Reach out. Go Through.



IRIMI NAGE

Heaven & Earth Throw
One hand down. 1 Up.



TENCHINAGE

Being thrown into forward and backward rolls with lots of reach and extending.

UKEMI

Circle Staff - 6 Moves
Give, Receive, Kesa, Sheathe, Sweep, Flip

KAITEN JO

Give a 3-minute presentation of some kind of rolling. Tell us why it's good for you.

ROLL DEMO

Reach out and bring a friend to your promotions.

22 HOURS

Push your energy out in all directions. Reach people with both body and energy.