



Brown/White Stripe Belt (2nd Kyu)

Corner Throw

Rear Throw (2)

Cross Ankle Throw (2)

Defence Against Three or More Attackers (Set/Random)

Rolling Ankle Throw

Outer Wheel

Leg Wheel

(A) Front

(B) Rear

Outer Hook Throw

Throwing Opponent from Behind (Random)

Shoulder Crash (1)

Finger and Thumb Locks (6)

Randori with Indiscriminate Kicking and Punching

Ne Wasa (Incorporating ground techniques)

Ground Techniques:

- Lapel choke
- Lasso
- Lasso with Spider sweep
- Kimura from guard/side