



Red Belt (6th Kyu)

- *Half Shoulder Throws (2)
- *Body Drop (2)
- Leg Throw
 - (A) Attacker's Left Leg Forward
 - (B) Attacker's Right Leg Forward
- Dropping Full Shoulder
- Back Hammer Lock
- Back Scissors Throw (2)
- Sweeping Loin
 - (A) Attacking
 - (B) Defending
- *Outside Hock
- Drawing Ankle
- *Inside Hock
- *Stamp Throw
- *Palm Locks (2)
- Ground Techniques:
 - Closed guard
 - Half guard
 - Open guard (four points of connection)
 - Mount
 - Side Control

***Techniques to be demonstrated left and right handed**