



Green Belt (5th Kyu)

Escape Front/Rear with Arms Pinned/Unpinned (8)

*Knee Wheel

Bar Chokes (2)

Shoulder Throws (4)

*Strangles and Chokes (10)

Rice Bail Throws (2)

Escape from Full Nelson / Half Nelson (2)

Front Scissors Throw (2)

Hip throw variations

Locking Techniques on the Ground (15)

Kick Pad Kicking Combination

Randori

Kumite

Ground Techniques:

- Escape closed guard
- Escape half guard
- Pass open guard
- Escape Mount
- Escape Side control

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