



Orange Belt (7th Kyu)

- *Hip Throw with Shoulder Arm Lock
- *Hip Throw with Cross Over Arm Lock (2)
- Defence Against Kicks to the Head Whilst on the Ground (4)
- Basic Arm Locks (3)
- *Basic Wrist Locks (3)
- *Shoulder Arm Locks (2)
- Wrist Throw with Lock from Knife Attack (2)
- Reclining Leg Throw with Strikes
- Breaking Ground Strangles
 - (A) Above the Head
 - (B) At the Side
 - (C) Arms Pinned
 - (D) Sitting on the Stomach
 - (E) Between the Legs
- *Breaking Hair Grabs (Front & Rear)
- *Kicking Kata
- *Blocking and Striking Kata
- *Pad Drills (Combinations)
- *Kicks (Thrust, Snap, Side, Round house and Back)

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