



Blue Belt (4th Kyu)

Loin Throw

Escape from Head Lock

- (A) Front (3)
- (B) Rear (2)

Escape From Garrotting

- (A) Front (2)
- (B) Rear (2)
- (C) Random (2)

Breaking Strangles and Chokes (6)

Dropping Body Drop, Hip Throw & Half Shoulder

Scissors and Naked Choke

Spring Hip Throws

- (A) One/two Leg Spring
- (B) Knee Push

Side Scoop with Leg Lock

Knife Defence (6)

Wrist Locks

- (A) Palm Up
- (B) Side with Elbow
- (C) Rear

Ground Techniques:

- Sweeps
- Arm bars/locks
- Spider guard & sweep