



Black Belt (1st Dan)

Continuous Throwing	(25)
Counters to Major Throws	
(A) Hip Throw	(2)
(B) Drawing Ankle	(2)
(C) Shoulder Wheel	(2)
(D) Full Shoulder Throw	(2)
(E) Body Drop	(2)
Inside Leg Sweep	
Combination Throw	(4)
Lunge Punch Reverse Punch	(Various Levels)
Inside Forearm Block Followed by Back Fist to Ear	
Counters to Left and Right Kicks	
(A) Crescent Kick	(2)
(B) Back Kick	(2)
(C) Front Kick	(2)
(D) Round House Kick	(2)
(E) Side Kick	(2)
One Handed Throat Throws	(2)
X Block Pulling onto Round House Kick	
X Block Pulling onto Knee Strike and Strike to Head	
Punching Combination - Body, Face, Body	
Palm Heel Blocks with Counters from Attacks	(Various)
Left and Right Upward Rising Blocks	
Attacking Different Parts of the Body using Various Combinations of Open/Closed Hands/Bottom Fist & Elbow Strikes & Kicks/Knees	
Defence Against Free Style Kicks and Punches	(Various)

Defence Against Set Attacks

(Various)

Ne Wasa

Basic Anatomy of the Human Body

Good level of fitness and endurance