



Yellow belt

- 1 Matt etiquette
- 2 Basic exercises
- 3 Breakfalls
- 4 Breaking a back strangle (2)
- 5 Breaking a front strangle (2)
- 6 Straight arm lock
- 7 Hip throw
- 8 Recumbent ankle throw
- 9 Shoulder lock
- 10 Kata of 8 blocks