



## Orange belt

- 1 Hip throw with shoulder arm lock
- 2 Hip throw with step over lock
- 3 Defences against kicks to head whilst on ground (A and C or B and D)
- 4 Arm locks in standing position (A and B)
- 5 Shoulder arm lock (A)
- 6 Wrist locks (A and B)
- 7 Wrist throw with lock
- 8 Reclining leg throw with strikes
- 9 Breaking ground strangles (A, B and C)
- 10 Breaking hair grabs (2)