



Orange belt

- 1 Hip throw with shoulder arm lock
- 2 Hip throw with cross over lock
- 3 Defences against kicks to head whilst on ground (4)
- 4 Three arm locks in standing position (3)
- 5 Shoulder arm lock (2)
- 6 Wrist locks (3)
- 7 Wrist throw with lock
- 8 Reclining leg throw with strikes
- 9 Breaking ground strangles (5)
- 10 Breaking hair grabs