



Green belt

- 1 Body drop throw
- 2 Half shoulder throw (2)
- 3 Leg throw with lock (2)
- 4 Dropping version of a full shoulder throw (2)
- 5 Back hammer lock (2)
- 6 Crab claw scissors throw
- 7 Attacking and defending sweeping loin throws (3)
- 8 Cross hock throw (2)
- 9 Drawing ankle throw
- 10 Inside hock throw
- 11 Stamp throw
- 12 Methods of escape over and under arms front and back (8)
- 13 Knee wheel throw
- 14 Bar chokes (2)
- 15 Variations on shoulder throws (3)
- 16 Variations on strangles (minimum 6)
- 17 Hold down with double arm lock
- 18 Rice bale throw (2)
- 19 Escapes from full nelson and half nelson holds (4)
- 20 Front scissors throw