



Orange belt/green stripe

- 1 Body drop throw
- 2 Half shoulder throw (A)
- 3 Leg throw with lock (2)
- 4 Dropping version of a full shoulder throw (A)
- 5 Back hammer lock (A)
- 6 Crab claw scissors throw
- 7 Attacking and defending sweeping loin throws (A and B)
- 8 Cross hock throw (2)
- 9 Drawing ankle throw
- 10 Inside hock throw