



## Blue belt

- 1 Hip or loin wheel throw (2)
- 2 Escapes from head chancery (3)
- 3 Escapes from garrotting (3)
- 4 Variations on holding down (3)
- 5 Breaking strangles and chokes on the ground (6)
- 6 Dropping version of body drop throw (2)
- 7 Scissors and naked choke hold (2)
- 8 Spring hip throw
- 9 Front scoop throw
- 10 Rear scoop throw
- 11 Indian death lock (2)
- 12 Downward inside forearm block
- 13 Roundhouse kick to solar plexus whilst walking
- 14 Sleeper hold from head chancery
- 15 Outside forearm block, elbow to ribs and backfist
- 16 Defences against knife attacks (6)
- 17 Counters using various techniques (6)