



Green belt

- 1 Stamp throw
- 2 Methods of escape over and under arms front and back (8)
- 3 Knee wheel throw
- 4 Variations on shoulder throws (A and B)
- 5 Hold down with double arm lock
- 6 Rice bale throw (2)
- 7 Escapes from full nelson and half nelson holds (4)
- 8 Front scissors throw