



## Brown belt

- 1 Winding throws - inside and outside (2)
- 2 Variations on leg sweeps (8)
- 3 Rolling ankle throw (2)
- 4 Corner throw (2)
- 5 Rear throw (2)
- 6 Cross ankle throw (2)
- 7 Leg wheel (2)
- 8 Outer wheel (2)
- 9 Action taken against three attackers (6)
- 10 Outer hook
- 11 Variations on stomach throws (5)
- 12 Several ways of throwing opponent from behind (9)
- 13 Shoulder dislocation
- 14 Dropping version of reverse body drop throw (2)
- 15 Shoulder crash throw
- 16 Palm heel knockout blow to chin (5)
- 17 Upward block with knife hand strike to neck
- 18 Knife hand to neck with kick to solar plexus
- 19 Knife hand to neck with kick to solar plexus - delivered to two opponents (2)
- 20 Escape when held by both arms from behind (4)
- 21 Side kick to knee cap using side of foot



## Brown belt (continued)

- 22 Upward kick to knee cap using heel (2)
- 23 Three different blocks using same arm (2)
- 24 Attacking back of legs (2)
- 25 Arm and shoulder throw with shoulder and wrist lock
- 26 Roundhouse kicks from ground
- 27 Side snap kick followed by roundhouse kicks
- 28 Side thrust kick to knee cap followed by roundhouse kick to ribs
- 29 All one handed throws (5)