



Brown belt

- 1 Winding throws - inside and outside (2)
- 2 Variations on leg sweeps (8)
- 3 Rolling ankle throw (A)
- 4 Corner throw (A)
- 5 Rear throw (B)
- 6 Cross ankle throw (2)
- 7 Leg wheel (B)
- 8 Outer wheel (A)
- 9 Outer hook
- 10 Several ways of throwing opponent from behind (9)
- 11 Shoulder dislocation
- 12 Dropping version of reverse body drop throw (2)

If there are enough juniors taking the belt, and time permits, some of the three men attacks can be shown.