



Brown belt/black stripe

1 First 15 throws from black belt

Throw

Body drop
Half shoulder
Leg throw
Inside hock
Drawing ankle

Sweeping hip throw
Knee wheel
Arm and shoulder throw
Front scissors
Left dropping version of body drop

Right dropping body drop
Scissors and naked choke hold
Outside hock
Front scoop
Rear scoop

Finish

Step over lock
Cricket bat lock
Figure 4 lock
Kicks
Wind over into shoulder lock

Neck and spine lock
Scarf hold
Shoulder and wrist lock
Leg lock and punch
Double shoulder dislocation

Figure 4 arm lock

Straight arm lock
Scarf hold
Double shoulder dislocation

2 First 5 counters to throws from black belt

Throw

Hip throw
Drawing ankle
Shoulder wheel
Full shoulder
Body drop

Counter

Dropping leg throw
Front sweep and kick
Back hammer lock and choke
Outside hock and straight arm lock
Rice bale and punch

3 Inside leg sweep

4 Combination throws (5)

Throw

Drawing ankle
Half shoulder
Inside hock
Left outer hook

Combination

Sweeping hip
Rice bale
Drawing ankle - knee wheel
Knee wheel



Brown belt/black stripe

- 5 Lunge punch, reverse punch to body and face
- 6 First blocking kata (fair showing of)
- 7 Inside forearm block followed by back fist and throw
- 8 Counters to kicks (First five - 4 front and 1 roundhouse)
- 9 One handed throat throw
- 10 Use of X block to pull onto knee (2)
- 11 Three reverse punches to three persons
- 12 Use right and left upward blocks to throw
- 13 Three punches to body, face and body again