

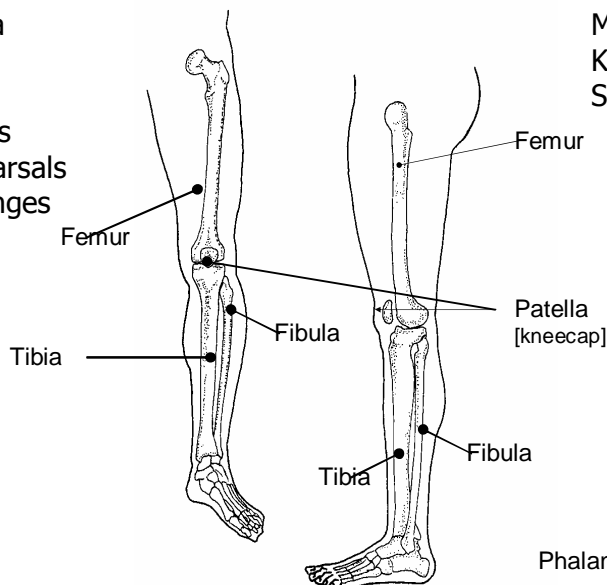
YELLOW

1. HIP THROW WITH CROSS OVER ARM LOCK
2. DEFENCE AGAINST KICKS TO THE HEAD WHILST ON THE GROUND (2)
3. 'X' BLOCK, KNEE, KICK/ELBOW
4. CROSS BLOCK, BACK FIST, KNEE, ELBOW
5. BREAKING GROUND STRANGLES (2) **(3)**
6. RECLINING LEG THROW
7. STRAIGHT ARM LOCK
8. DEFENCE AGAINST HAIR GRABS (2)**(3)**
9. KATA (FIRST 24 NOVICE) **(BLOCKING & STRIKING KATA NUMBER 2)**
10. SHOULDER LOCK
- 11. HIP THROW STRAIGHT ARM LOCK**
- 12. WRIST THROW FROM PUNCH**
- 13. WRIST THROW FROM PUSH**
- 14. WRIST LOCKS (2)**
- 15. GROUND WORK LOCKS AND ESCAPES DONE IN KATA FORM (2)**
- 16. PAD WORK**

Anatomy

Bones of the Leg

Femur
Patella
Tibia
Fibula
Tarsals
Metatarsals
Phalanges



Japanese Terminology

Attack - Ate
 Martial Art - Bu-Jitsu
 Kick - Geri
 School - Dojo

