

ORANGE

1. BODY DROP
2. HALF SHOULDER
3. LEG THROW WITH LOCK
4. BACK HAMMER LOCK
5. RICE BALE THROW
6. INSIDE HOCK THROW
7. DEFENDING SWEEPING LOIN
8. ATTACKING SWEEPING LOIN
9. STAMP THROW
- 10. NOVICE KATA (BLOCKING & STRIKING KATA)**
- 11. DROPPING VERSION OF A FULL SHOULDER THROW**
- 12. HOLD DOWN WITH DOUBLE ARM LOCK**
- 13. ARM LOCKS FROM A STANDING POSITION (3)**
- 14. DRAWING ANKLE THROW**
- 15. GROUND WORK LOCKS AND ESCAPES DONE IN KATA FORM (2)**

Miscellaneous Anatomy

213 Bones in the human body
Average brain weighs 1/50 of
overall body weight (approx. 3lb)
28 Bones in the head
33 Bones in the spine
8 pints of blood in average human body
Scapula – Shoulder blade
Clavicle – Collar bone

Japanese Terminology

Wooden training sword - Boken
Knife - Tanto
Wooden batons/night sticks - Tonfa
Rice Flails - Nunchaku
Wooden Staff - Bo
Metal Sword - Katana
Sickles/threshing blades - Kama