

**GREEN**

1. CRAB CLAW SCISSORS THROW (BACK)
2. TWO METHODS OF ESCAPE WHEN HELD UNDERARM FROM BACK AND FRONT
3. TWO METHODS OF ESCAPE WHEN HELD OVERARM FROM BACK AND FRONT
4. ESCAPES FROM FULL NELSONS(2)
5. ESCAPES FROM HALF NELSON (2)
6. FRONT SCISSORS THROW
7. KNEE WHEEL
8. BASIC STRIKES (4 DRILLS)
9. SHOULDER ARM LOCK
10. OUTSIDE HOCK
- 11. VARIATIONS ON SHOULDER THROWS**
- 12. BAR CHOKES**
- 13. KICKING KATA**
- 14. VARIATION ON STRANGLES AND CHOKES (6)**
- 15. GROUND WORK**
- 16. PAD WORK**

**Anatomy**

**Bones of the Head**

Frontal  
Nasal  
Sphenoid  
Zygomatic  
Maxilla  
Mandible  
Temporal  
Occipital  
Parietal

**Japanese Terminology**

Left - Hidari  
Right - Meji  
Standing Bow - Ritsu Rei  
Kneeling Bow - Za Rei  
Punch - Tsuki

