



**BLUE & WHITE  
BELT**

1. LOIN OR HIP WHEEL
2. VARIATION ON HOLD DOWNS (5)**(10)** KATA FORM
3. SCISSORS & NAKED HOLD
4. SPRING HIP THROW
5. THREE ESCAPES FROM HEAD CHANCERY (SIDE)
6. TWO ESCAPES HEAD CHANCERY FROM THE FRONT
7. ESCAPE FROM HEAD CHANCERY FROM THE GROUND
8. INDIAN CROSSOVER LEG LOCK
9. FRONT SCOOPING THROW
10. REAR SCOOPING THROW
11. FIRST 12 MOVES FIRST BLOCKING KATA
- 12. DROPPING VERSION OF A BODY DROP**
- 13. OUTSIDE FOREARM BLOCK, FOLLOWED BY ELBOW TO RIBS FOLLOWED BY A BACKFIST**
- 14. STANCE KATA**
- 15. PAD WORK**
- 16. GROUNDWORK**

**Revision of previous belts Anatomy & Japanese Terminology**