



**BROWN & WHITE  
BELT**

1. STRAIGHT THROWS (6) **(10)** (TO BE CALLED OUT)
2. DEFENCE FROM ATTACKS FROM THE REAR (6)
3. WAYS OF THROWING FROM REAR
4. BASIC BLOCKING DEVELOPMENT
5. WRIST LOCKS (4)
6. JO KATA
7. 3 MAN ATTACKS (2)
8. FRONT KICK/SIDE
9. SPARRING
10. OUTSIDE BLOCK KICK TO SOLAR PLEXUS AND THROW
- 11. SHOULDER WHEEL**
- 12. COUNTER MEASURES AGAINST GARROTING (4)**
- 13. SLEEPER HOLDS**
- 14. PAD WORK DRILLS (ADVANCED**
- 15. GROUND WORK DRILLS ADVANCED**
- 16. STICK WORK**

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