



BROWN BELT

1. STRAIGHT THROWS (10) **(15) TO BE CALLED OUT**
2. OUTER HOOK THROW
3. CROSS ANKLE
4. REAR THROW
5. ESCAPES FROM DOUBLE WRIST GRABS FROM BEHIND
6. ARM AND SHOULDER THROW
7. VARIATIONS ON LEG SWEEPS
8. ROLLING ANKLE THROW
9. FRONT SNAP KICK DEFENCE
10. ONE HANDED THROW
11. **LEG WHEEL**
12. **OUTER WHEEL (2)**
13. **CORNER THROW**
14. **STOMACH THROWS**
15. **PAD WORK**
16. **BOKKEN DRILLS**
17. **FIRST BLOCKING KATA (REVISE)**
18. **FULL REVISION OF ALL TECHNIQUES AND KATAS**
19. **GROUNDWORK:**
 - **Triangle choke**
 - **Triangle choke escape**

ANATOMY: ALL BONES AND PRESSURE
THE HEART. (APPROX SIZE OF YOUR FIST)
THE MAIN ARTERIES OF THE BODY
THE BRAIN. (WEIGHS APPROX 3LB)
APPROX.8 PINTS OF BLOOD IN THE BODY
32 TEETH.
A PRESSURE POINT IS WHERE A VEIN RUNS
OVER A BONE AND PRESSURE CAN BE APPLIED
TO STOP BLEEDING.

JAPANESE TERMINOLOGY
LIVE BLADE ART - IAI-JITSU
WAY OF LIVE BLADE – IAIDO
SOFT/HARD SYSTEM - JUKO-RYU
SPORT SWORD ART – KENDO
EMPTY HAND ART – KARATE
ART OF RESUSCITATION - KAPPO
FREESTYLE SPARRING – KUMITE
HARD FIST ART – KEMPO
DECISION – HANTEI