



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. **STICK WORK**
16. **GROUNDWORK:**
 - **ACHILLES ANKLE LOCK 1**
 - **ACHILLES ANKLE LOCK 2**
 - **KNEE BAR**

REVISION OF PREVIOUS BELTS ANATOMY & JAPANESE TERMINOLOGY