

## GREEN BELT

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. PAD WORK
16. GROUND WORK:
  - COUNTER TO FALCON LOCK
  - COUNTER TO ARM BAR FROM MOUNT

### 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

