

YELLOW BELT

1. HIP THROW WITH CROSS OVER ARM LOCK
2. DEFENCE AGAINST KICKS TO THE HEAD WHILST ON THE GROUND (2)
3. 'X' BLOCK, KNEE, KICK/ELBOW
4. CROSS BLOCK, BACK FIST, KNEE, ELBOW
5. BREAKING GROUND STRANGLES (2) (3)
6. RECLINING LEG THROW
7. STRAIGHT ARM LOCK
8. DEFENCE AGAINST HAIR GRABS (2) (3)
9. KATA (FIRST 24 NOVICE) (**BLOCKING & STRIKING KATA NUMBER 2**)
10. SHOULDER LOCK
11. HIP THROW STRAIGHT ARM LOCK
12. WRIST THROW FROM PUNCH
13. WRIST THROW FROM PUSH
14. WRIST LOCKS (2)
15. PAD WORK
16. GROUND WORK:
 - ELBOW DRIVE ESCAPE FROM GUARD
 - ROLL ESCAPE FROM MOUNT
 - SNAKING ESCAPE FROM MOUNT
 - ARM BAR FROM MOUNT

ANATOMY: BONES OF THE LEG

FEMUR
PATELLA
TIBIA
FIBULA
TARSALS
METATARSALS

JAPANESE TERMINOLOGY

ATTACK - ATE
MARTIAL ART - BU-JITSU
KICK - GERI
SCHOOL - DOJO

