

# BLUE BELT

## DEFENCE TO GARROTT

Lift Pull Hip Throw  
Shoulder Seizure  
Hip Throw (From Rear)

## DEFENCE TO REAR BODY HOLD (BEAR HUG/FULL NELSON)

Hip Throw  
Finger lock  
Rear Leg Takedown (Back Throw)  
Outside Wrist Lock  
Vertical Wrist Lock  
Lift Turn Lock  
Shoulder Seizure

## DEFENCE TO HALF NELSON

Foot Sweep  
Leg Wheel  
Shoulder Seizure  
Stomping Kick

## CHOKING TECHNIQUES

Rear Naked Choke  
Cradle Choke  
Head Assisted  
Neck Assisted  
Collar Strangle  
Sliding Collar Strangle  
Sleeve Choke  
Rolling Fist

## GROUND LOCKS

Double Arm Pin  
Double Cross Arm Pin  
Reverse Arm Bar and Neck Restraint  
Leg Hammer Lock  
Hip Dislocation Lock

## COMBINATION THROWS

Inner Reap to Outer Reap  
Inner Reap to Sweeping Hip  
Inner Reap to Body Drop  
Inner Reap to Knee Drop  
Lapel Shoulder to Inner Reap  
Foot Sweep to Inner Thigh  
Drawing Ankle to Hip Spring