

BROWN BELT

THROWING TECHNIQUES

Shoulder Crash (Front/Back)
Shoulder Wheel (Standing/Kneeling)
Kneeling Hip Wheel (Melting Throw)
Floating Corner Drop
Winding Throws (Inner/Outer/Sweeping)

COUNTERS TO ARM LOCKS AND WRIST LOCKS

ATTACK

Chicken-Wing Come Along
Goose-Neck Come Along Facing
Facing Arm Lock
Short Arm Bar
Back Arm Hold
Back Arm and Collar Hold

Lift-Turn Lock
Outside Wrist Lock

COUNTER

Thumb Lock/Shoulder Lock
Wrist Strike
Foot Sweep
Hip Wheel
Four way Throw/Lift Turn Lock
Spinning Palm Heel/ Wrist
Throw/Lift Turn Lock
Forearm Reversal
Spinning Lift Turn Lock

FREESTYLE JIU-JITSU

Demonstrate proper Jiu-jitsu defences to unrehearsed attacks of any nature at three quarter speed.

MULTIPAL ATTACKERS

Demonstrate proper defence against 2 attackers (controlled).

RANDORI

Show combination strikes working into a clinch with standing locks, throws / takedown techniques followed by ground locks and/or strikes.

May be required to demonstrate other techniques from all syllabus requirements from white belt up

