

ORANGE BELT

LOCKS FROM THROWS

Shoulder Fracture Pin
Cradle lock
Cross Arm Lock
Reclining Cross Arm Lock
Reclining Long Arm bar
Entangled Wrist Lock Pin
Roll Overs (using wrist / shin)

STANDING LOCKS

Facing Arm Lock
Shoulder Lift Lock
Inside/Outside Arm Bar
Entangled Inline Arm Lock
Unassisted Shoulder Lock

DEFENCE AGAINST A HEAD KICK

Knee Turn Takedown, Ankle Lock
Single Leg Scissors, Half Figure Four Leg Lock
Double Leg Scissors, Full Figure Four Leg Lock

BREAKING GROUND STRANGLES

Between Legs - Mastoid Assisted Roll Off
- Arm Bar and Foot Strangle

Astride Body - Wedge Break Roll Off
- Elbow Push and Pull Roll Off

Arms Pinned - Cross Arm Release Roll Off

SELF DEFENSE

Hair Grab - Half Wrist Lock
- Lift Turn Lock

Back Wrist and Shoulder Grab - Outside Wrist Throw

Rear Bear Hug (Arms Free) - Full Wrist Lock
- Finger Lock
- Back Throw

Rear Bear Hug (Arms Trapped) - Wedge Block to Full Shoulder Throw
- Simple Escape