

# YELLOW BELT

## THROWING TECHNIQUES

Outer Reap  
Body Drop  
Hip Throw

## LOCKING TECHNIQUES

Long Arm Bar  
Short Arm Bar  
Arm Bar with Wrist Turn Lock  
Shoulder Seizure

## GROUND HOLDS

Mount  
Scarf Hold  
Side Control  
Top Four Corner  
Guard (Open/Closed)

## SELF DEFENSE

Windmill and Strikes (Front/Back)  
Wedge break to hip throw

### Wrist Grabs:

- Simple Escape
- Striking Escape
- Half Wrist Lock (from cross wrist grab)