



BROWN BELT 2 SYLLABUS

**ALL TECHNIQUES TO BE OF HIGH STANDARD & WITH FULL CONTROL
ANY INJURY TO A THIRD PARTY & YOU WILL AUTOMATICALLY FAIL THE GRADE**

- 1. ROLLING ANKLE (LEFT LEG ATTACK)**
- 2. CORNER THROW (LEFT LEG ATTACK)**
- 3. REAR THROW**
- 4. CROSS ANKLE THROW**
- 5. VARIATIONS ON STOMACH THROWS (3)**
- 6. DEFENCE AGAINST FRONT SNAP KICKS 2 LEFT 2 RIGHT**
- 7. SHOULDER DISLOCATIONS**
- 8. SHOULDER CRUSH**
- 9. LEG WHEEL**
- 10. OUTER WHEEL**
- 11. SEVERAL WAYS OF THROWING AN OPPONENT FROM BEHIND**
- 12. KNIFE HAND TO NECK WITH KICK TO SOLAR PLEXUS**
- 13. ARM AND SHOULDER THROW WITH SHOULDER AND WRIST LOCK**
- 14. ONE HANDED THROW 4 LEFT HAND 4 RIGHT HAND**
- 15. STRIKES TO ATEMI POINTS AND NAME THEM**
- 16. 2 OF STUDENTS FAVOURITE THROWS REASONS WHY AND DAMAGE CAUSED**
- 17. ANY FORM BETWEEN 1st & 7th FORM (EXAMINERS CHOICE)**