

Junior Brown Belt 3rd Tag

15 THROWS

Body Drop Throw

Right cross block to right punch, Right Back Fist to floating ribs, Body Drop Throw.

Block kick with right forearm above knee, Right Punch to face, Right Kick into back and Step Over Lock

Half Shoulder Throw

Right cross block to right punch, take, Right Back Fist Strike to floating ribs, Half Shoulder Throw and finish Cricket Bat Lock.

Leg Throw

Left upward rising block to right down blow, left cross block to left punch, execute Leg Throw on left leg and Figure 4 Lock to knee, lift and apply Left Heel Pressure into sciatic nerve.

Inside Hock Throw

Left S block to right punch, Right Forearm Strike for Arm Bar across throat, Inside Hock Throw. Finish

Left Kicks to groin and throat, step over and Right Stamping Kick into throat / head.

Drawing Ankle Throw

Left S block to right punch, execute Drawing Ankle front by forcing arm across left knee with right hand.

Throw, kneel on right and wind opponent over on to Punch to medulla and Pressing Shoulder Lock finish.

Sweeping Hip Throw

Left S block to right punch, stepping out to right, left Knee Strike to solar plexus, turn and execute

Sweeping Hip Throw. Finish Neck and Spine Lock with Right Arm over left leg.

Knee Wheel Throw

Left S block to right punch, Left Kick to inside left knee, right foot goes outside of opponents right for knee to throw. Scarf Hold finish.

Arm and Shoulder Throw

Right outside block to right punch, take and hold, left cross block to left punch, take down with Arm and

Shoulder Throw and finish with Shoulder and Wrist Lock.

Front Scissors Throw

Right outside block to right punch, go into Front Scissors Throw. Kick away far leg, apply Leg Lock on

near leg, come up and grab hair, Right Punch to medulla.

Left Dropping Version Of Body Drop Throw

Right outside block to right punch and hold, right Snap Kick to solar plexus, turn anticlockwise under arm

far Back Fist Strike to midriff, drop to right knee for Body Drop Throw, twist arm to assist. Finish knee on head and Figure 4 Arm Lock.

Right Dropping Version Of Body Drop Throw

Right cross block to right punch, Back Fist Strike to floating ribs, drop to left knee with right hand in

opponent's armpit, perform Body Drop Throw. Finish right leg around back of head and into armpit, sit on

and apply Figure 4 Lock on right arm.

Scissors And Naked Choke Hold

Right outside block to right punch and left forearm block to left back elbow strike, claim left arm and take

down. Finish with Heel Kicks to groin, Scissors, Bar Choke, roll over.

Outside Hock Throw

Left S block to right punch, Right Forearm Strike to throat, Cross Hock Throw. Lift body and place left leg

around front of neck and sit on, Straight Arm Lock across right leg.

Front Scoop Throw

Left S block to right punch, Left Forearm Strike to throat going into bar across neck as right hand goes

through legs to perform Front Scoop Throw. Finish with Right Punch to face and into Scarf Hold.

Rear Scoop Throw

Upward X block to right down blow, pull onto Right Knee Strike, Double Downward Elbow Strike to

Spine, execute Rear Scoop Throw. Left Heel Kick to brachial plexus, pick up both arms, step through for

Double Shoulder Dislocation.

COUNTERS TO THROWS

Counters To A Hip Throw

a Withdraw right leg and push on hip with right hand lock arm with left, swing right leg through and go

down, right arm between opponent's legs to roll over. Lack opponent's right arm under right leg and apply

Head Lock with pressure to jaw.

Counters To A Drawing Ankle Throw

a Withdraw attacked right leg, unbalance opponent and spin to execute Right Front Sweep to rear of supporting leg, Right Snap Kick to head.

Counters To Shoulder Wheel Throw

a As applied push round and turn completely around, keep hold of opponent's left arm and execute Back Hammer Lock with left hand, apply Choke with right and link hands.

Counters To A Full Shoulder Throw

a Push round, left S block to following punch and perform Outside Hock Throw, finish with Left leg step over across throat and Straight Arm Lock across right leg.

Counters To A Body Drop Throw

a Step over right leg and turn to face and encircle neck with right arm for Rice Bale Throw, turn over and Right Punch behind ear.

Counter To Reclining Leg /Leg Throw

a As Reclining Leg Throw is performed, sit and apply counter by left leg around neck, turn to bring down, sit up to apply Arm Lock with right leg and Choke with left foot, hands in defensive position.

Counter To Outer Hook

a Withdraw attacked leg and perform Outside Hock Throw with right leg, Step Over Lock finish.

Counter To Stomach Throw

a As foot comes up, brush it aside to right and effect Rear Sweep on standing leg. Go down for Scarf Hold, turn opponent over and apply Hold Back Hammer Lock, sit on opponents back with left foot placed behind head.

Counter To Half Shoulder Throw

a Push half round, step through right, Hip Throw with right arm around opponent's head, go down to finish with Neck and Spine Lock.

3 INSIDE LEG SWEEP (2)

a Right cross block to right punch, take, Right Back Fist Strike to right ear. Grab left ear, pull on and perform Inside Leg Sweep. Right punch to face.

b Right cross block to right punch and right down block to left uppercut, apply Shoulder Lock with right hand pushing opponent's head down, raise up and Inside Leg Sweep. Punch to jaw finish.

4 COMBINATION THROWS (1-4)

a Attempt Outside Hock Dropping down to Rear Throw with Shoulder Arm Lock, right foot on left arm

b Attempt Drawing Ankle withdraw and turn to Sweeping Hip Throw, finish Neck and Spine Lock.

c Attempt Half Shoulder, push up on opponent's arm, go under into and apply Arm Lock and Rice Bale Throw, turn over and Neck Twist.

d Attempt Inside Hock with right leg, small attempt Drawing Ankle with left leg, step outside to Knee Wheel Throw with right, Step over opponent's left arm with left leg, heel into armpit, and apply push on head with right as left hand applies Straight Arm Lock on opponent's right.

5 FIRST BLOCKING KATA

Black Belt Blocking Kata to be performed with style and effort, to show correct blocks and positions.

6 COUNTERS TO KICKS (5)

a Avoid Right Front Kick by moving right, swing left arm under leg and perform Inside Hock Throw. Punch to groin, throw right leg away and Right Punch to face.

b Left upward block to right punch, then X block (right hand on top) to right front kick, perform Twisting Leg Throw, Right Snap Kick to floating ribs.

c Left S block to right punch, right outside sweeping block to Right Front Kick with right arm, continue through to right Inside Forearm Strike to neck as performing Right Leg Sweep to standing leg. Finish Scarf Hold.

d Left rotating block to Right Front Kick, turn and Right Leg Sweep rear of opponent's right leg, finish step on arm and Right Punch to face.

e Turn in for double cross block to right Roundhouse Kick, push leg down and turn to Body Drop Throw, finish Right Punch to ear.

7 INSIDE FOREARM BLOCK FOLLOWED BY BACK FIST AND THROW (2)

a Right inside forearm block to right punch, take, Right Back Fist Strike to ear, right and around back of head from left side and perform Sweeping Hip Throw, Right Punch to face and Right Back Fist to groin.

b Right inside forearm block to right punch, right Back Fist Strike to ear, right arm around back of head for Dropping Version of Full Shoulder Throw, sit opponent up and apply Choke to finish.

8 ONE HANDED THROAT THROW

Left S block to right punch, with Vee action of Right Hand Strike into throat in upward and backward motion to throw. Step forward strongly and follow to ground for throat pressure.

9 USE OF UPWARD X BLOCK TO PULL ONTO KNEE (2)

a X block to right punch to face, pull down onto Right Knee Strike, Double Elbow Strike to spine and Rear Scoop Throw. Finish Right Heel Kick to brachial plexus, lift shoulders and slam into mat, pick up arms and step through for Double Shoulder Dislocation.

b X block to right downward strike, pull down onto Right Knee Strike, Left Downward Elbow Strike to spine, encircle head with left arm and take down backwards with Straight Arm Lock across knee finish.

10 THREE REVERSE PUNCHES TO THREE ATTACKERS

On front person punching with right left S block, step back with right leg and Right Reverse punch. Now move only left leg, turn to block and Right Reverse Punch to other attackers.

11 USING UPWARD BLOCKS WITH THROWS (2)

a Left then right upward blocks to right and left straight punches, swing opponents left arm as turning to execute Full Shoulder Throw over right shoulder, finish left leg step over across throat, Straight Arm Lock across other leg.

b Use right then left upward block to left then right straight punches. Right Palm Heel Strike to jaw and execute Outer Winding Throw, finish with Right Back Fist Strike to ear.

A FITNESS TEST WILL BE DONE AFTER YOUR GRADING