**BLACK BELT**

1. Twenty-Five Different Throws

2. Counters to:

1. Outer Hook
2. Back Hock
3. Inside Hock
4. Half Shoulder Throw
5. Drawing Ankle
6. Shoulder Wheel
7. Body Drop
8. Hip Throw

3. Inside Leg Sweep

4. Five Combination Throws

1. Hip Throw
2. Half Shoulder Throw
3. Shoulder Wheel
4. Rice Bale Throw
5. Cross Hock

5. Forearm Strike followed by a Reverse Strike

6. Inside Forearm Strike followed by a Back First & Throw

7. Defence against Kicks

1. Front Snap Kick x5
2. Roundhouse Kick x2
3. Side Thrust Kick x2

8. One Handed Throat Throw

9. Attacking the Eyes and Ears

10. Left & Right Rising Block with Throw

11. Cross Block against Straight Punch (Head & Groin)

12. The Open Hand and its Uses

13. The Elbow and its Uses

14. The Bottom Fist and its Uses

15. Defence against Combined Punch & Kick

16. Wrist Locks from Various Attacks

17. Basic Baton Work

18. Kata of Blocks

19. Questions on Anatomy