**BLUE BELT**

1. Loin or Hip Wheel Throw

2. Recommended Basics for the Development of Blocking Techniques

(Moving Red Belt Blocking Kata with Strikes)

3. Escape from Head Chancery (x3)

4. Escape Against Garrotting (x3)

5. Hold-downs (x10)

6. Breaking Ground Strangles and Chokes (x5)

7. Scissors Naked Choke

8. Spring Hip Throw

9. Front Scoop

10. Rear Scoop

11. Indian Death Lock

12. Outer Block with a Roundhouse Kick to the Solar Plexus

13. Sleeper Hold from a Head Chancery

14. Outer Forearm Block followed by a Backfist Punch (x2)

15. Wrist Locks from Various Attacks

16. Questions on Anatomy