**BROWN BELT**

1. Outer Winding Throw

2. Inner Winding Throw

3. Variations on Leg Sweeps (x6)

4. Rolling Ankle Throw (x2)

5. Corner Throw

6. Cross Ankle Throw

7. Leg Wheel

8. Outer Wheel

9. Action Against Two or More Attackers

10. Variations on Stomach Throws (x4)

11. Outer Hook Throw

12. Throwing an Opponent from Behind

13. Shoulder Dislocations

14. Shoulder Crash

15. Escape when Held by Both Wrists from Behind

16. Kicks from the Ground

17. Knife Attacks (x8)

18. Three Different Blocks using the Same hand

19. Arm and Shoulder Throw with Wrist Locks

20. Knife Hand to the Neck followed by a Kick to the Solar Plexus

21. One Handed Throws (x5)

22. Questions on Anatomy