**RED BELT**

1. Mat Etiquette

2. Side Breakfalls - Left & Right

3. Front Breakfall

4. Back Breakfall

5. Rolling Breakfall - Left & Right

6. Foreflap Breakfall

7. Breaking a Rear Lapel Grab (x3)

1. Key Lock
2. Hip Throw
3. Leg Throw

8. Breaking a Front Lapel Grab (x3)

1. Wrist Lock
2. Take Down
3. Elbow Strikes

9. Outer Straight Arm Lock

10. Hip Throw

11. Shoulder Lock (x2)

1. Punch to Stomach
2. Punch & Grab

12. Blocking Kata (10 Moves)

13. Questions on Anatomy