**YELLOW BELT**

1. Hip Throw with Shoulder Arm Lock

2. Hip Throw with Crossover Arm Lock

3. Defence Against Kicks to the Head Whilst on the Ground (x3)

1. Single Leg Takedown
2. Double Leg Takedown
3. Ankle Takedown

4. Arm Locks from a Standing Position (x3)

1. Over Head Punch (Bottle Attack)
2. Straight Arm Bar
3. Key Lock

5. Shoulder Arm / Elbow Lock

6. Wrist Locks from Various Attacks (x3)

1. Single Wrist Grab
2. Double Wrist Grab
3. Lapel Grab

7. Wrist Throw with Lock

8. Reclining Leg Throw with Strikes

9. Breaking Ground Strangles (x4)

1. Crossover Arm Lock
2. Double Arm Takedown
3. Hip Thrust
4. Leg Lock

10. Breaking Hair Grabs (Front & Rear)

11. Questions on Anatomy