



Green belt/blue stripe

- 1 Hip or loin wheel throw (A)
- 2 Escapes from head chancery (3)
- 3 Breaking strangles and chokes on the ground (A, C and D - finish on A, just come up for punch)
- 4 Dropping version of body drop throw (2)
- 5 Scissors and naked choke hold (2)
- 6 Spring hip throw
- 7 Front scoop throw (On scoop throws, no lift, just pull on leg)
- 8 Rear scoop throw (On scoop throws, no lift, just pull on leg)