

Student Grade	Colour	Section		Technique	Technique variant
Level 1	white	1	breakfalls	rear, side, forward & rolling	
		2	grips	collar and sleeve grip	
				high collar and sleeve grip	
				cross grip	
				double lapel grip	
		4	throws - leg	leg trips and back heels	outer back heel to opponent's near diagonal leg
					outer back heel to opponent's far diagonal leg
					forward leg trip
					forward leg trip from knees
		5	throws - body	hip throw	forward hip throw over back
					forward hip throw over thigh
		6	pins	side pin - seated to side	scarf hold
					scarf hold - chest flat
					pillow scarf hold
					scarf hold controlling opponent's leg
					scarf hold under shoulder
					reverse scarf hold
		7	armlocks	elbow lever	side shoulder hold
				figure 4 key lock	scarf hold to elbow over thigh lock
					cross body elbow lock
					figure 4 key lock - palm up
		8	leglocks	achilles crush	figure 4 key lock - palm down
					achilles crush of opposite leg
					achilles crush of diagonal leg
					achilles crush of opposite leg - controlling popliteal bend of diagonal leg
		9	knowledge & terminology	knowledge	achilles crush of opposite leg - opponent face down
				terminology	What country created Sambo?
					What is the full meaning in English of the acronym Sambo?