

Student Grade	Colour	Section		Technique	Technique variant
Level 2	yellow	1	grips	underarm hug and sleeve grip	
				arm over shoulder and sleeve (Georgian) grip	
				belt (front) and sleeve grip	
				underarm belt (back) and sleeve grip	
		2	throws - arm	single leg grab	diagonal inside knee grab from collar grip
					opposite outside heel grab with diagonal push on knee
					diagonal inside leg grab from sleeve grip
					diagonal outside heel grab from sleeve grip
					diagonal outside knee push from sleeve grip
		3	throws - leg	leg trips and back heels	inner back heel with leg grab
					duck under back heel with rear belt grip
					forward heel from Georgian grip
			throws - leg	ankle trips and foot sweeps	side ankle trip
					side ankle trip - opponent moving away
					side ankle trip - opponent moving forward
					inside ankle sweep
					propping drawing ankle trip
			throws - leg	leg reaps	inside reap
					outside reap to opposite leg - calf-to-calf
					outside reap to opposite leg - hooking foot
					outside reap to diagonal leg
		4	throws - body	throw over back	single-arm shoulder throw
					two-handed grip shoulder throw
					cross grip shoulder throw
		5	pins	side pin - crossways	chest hold - controlling far arm
					chest hold - controlling both arms
					chest hold - trapping near arm with legs
					side four-quarters - controlling far arm and far leg
					side four-quarters - controlling far arm and near leg
					rear side four-quarters - back to chest
					straddle hold locking out opponent's shoulder

				straddle pin	straddle hold with legs tucked under opponent
					straddle hold locking out opponent's legs
					straddle hold with opponent's arms free
		6	armlocks	elbow lever	elbow lock - underarm armpit trap from straddle
					elbow lock - crossing arms / forearm
		7	leglocks	knee lock	knee lock hyperextension - trapping opponent's ankle under armpit
					knee lock hyperextension - taking opponent's shin to chest
		8	knowledge & terminology	knowledge	What is a kurtkha?
					What is a sambist?