

Student Grade	Colour	Section		Technique	Technique variant
Level 4	green	1	grips	one-sided Russian tie 2 on 1 grip	
		2	throws - arm	single leg grab	side pick up
					rear pick up
					front pick up
		3	throws - leg	leg trips and back heels	forward heel with double sleeve grip
					back heel to far heel drop
				overhead sacrifice throw	foot-to-stomach sacrifice throw
					foot-to-hip sacrifice throw
		4	pins	lower four-quarters	corner shin-to-thigh sacrifice throw
					lower four-quarters holding belt
					lower four-quarters holding arms
		5	armlocks	elbow lever	lower four-quarters holding shoulders
		6	leglocks	knee lock	elbow lock with knee - opponent face down
					groin stretch
7	knowledge	prohibited acts	groin stretch - entwined leg and gripping opposite leg		
			give examples of prohibited techniques		
		how a contest is decided	give examples of prohibited grips		
			how can total victory be achieved?		
how is victory by technical superiority achieved?					
who wins if points are level? describe scenarios					