

Student Grade	Colour	Section		Technique	Technique variant
Level 5	blue	1	throws - arm	shoulder wheel	standing shoulder wheel from sleeve grip
					standing shoulder wheel from double sleeve grip
					drop & sit shoulder wheel from sleeve grip and ankle grab
					standing shoulder wheel from cross sleeve grip
		2	throws - leg	thigh lift	outside leg spring hip throw
					inside leg spring hip throw
					front spring shin throw
					rear spring hip throw
			grapevine		reverse grapevine
					dropping grapevine
					standing grapevine
		3	throws - body	hip throw	headlock body throw
				chest/suplex	suplex throw
		4	pins	floating transition	body control shin on stomach (non-scoring transition position)
		5	leglocks	knee lock	rolling knee lock from standing