	Student:		Belt Test:		
	Blue	Yellow	White	Red	Green
WHITE	Shrimp	Jab	Same side wrist release	Front breakfall	Hands and feet
	Bridge	Cross	2 hand wrist release	Back breakfall	Rocky
		Hook punch	l	Side breakfall	
		Uppercut	l	Forward roll	
		Front kick	l	Backward roll	
		Round kick Side kick			
		<u></u>			
Beg Ph1	Bump & roll	Parry	Circle-8	O Soto Gari	"Counter jab"
	Elbow-knee escape	Salute block	Krav-lock		"Counter cross"
Beg Ph2	Paintbrush up	8 angles of attack	Rear double wrist grab	Ippon Seoi Nage	Shake your Hips
3	Paintbrush out	Sliding side kick			Front to Back
	Paintbrush down				
5. 4		1 1,,			
Int Ph1	Scissor sweep	Knee	Circle push	O Goshi	Get off me
	Flower sweep	Horizontal elbow Diagonal elbow	SS TD Wrist lock		Superfoot
		Vertical elbow		r	
Int Ph2	Armbar from guard	Leg kick	Sushine Arm Lock	Tani Otoshi	"Hide the step"
	Armbar from mount	Defense from leg kick	Chicken Wing Arm Lock		"Hide the pivot"
	Stepover armbar				"Hide the kick"
let Db0	brooking guard	Elbow porny punchos	Eull poloon	ITai Otashi	"Linear counter"
Int Ph3	breaking guard Knee slide pass	Elbow parry punches Elbow parry linear kick	Full nelson Rear bear hug over arms	Tai Otoshi	"Linear counter" "Circular counter"
	Stack pass	Elbow parry circular kick	ineal beal flug over aims		Circular counter
	order page	= pa,			
Int Ph4	Mata Leon	Spinning side kick	X-grip fish over the log	O Uchi Gari	Side Kicker
	Single collar choke	Defense #1 (jam)	Same side fish over the log	Ko Uchi Gari	
		Defense #2 (avoid)			
Adv Ph1	Keyturn escape	Hook kick	Stand up in base	Kuzuri Morote Gari	Crazy Legs
Adviiii	Swing escape	Crescent kick	Otana up in bass	Sprawl Defense	Windshield Wiper
		<u> </u>			
Adv Ph2	Thread the needle up	Slip	Two hand choke	Sumi Gaeshi	"Slip shot"
	Thread the needle down	Bob & weave	Standing front headlock		"Head shot"
	scarf hold bump & roll	Fade			"Between the eyes"
Adv Ph3	Kimura	Pummel	Rear bear hug under arms	Morote Gari	Bully Defense
	Hip bump sweep	Double Under-hooks	Front bear hug under arms	Tawara Gaeshi	
	Triangle choke	Thai clinch	<u> </u>		
		Single Collar Tie			
^ -l. : Db.4	O from atondus	10 nunch	F	II II :: \M/ - 76	I III: -nal Curitah
Adv Ph4	Sweep from standup Achilles lock	Superman punch	Escape side head lock Rolling head lock escape	Uki Waza	Hook and Switch
	Actilies lock	1	INUILING HEAD LOCK escape		
BBP	Lockdown	Oblique kick	Koto Gaeshi	Harai Goshi	Knee Stomp
וטט	Electric chair sweep	Oblique Non	TOTO Gaestii	Deashi Harai	Tribe Oromp
	Escape back choke	1			
				<u> </u>	
BBP Ph3		INICTOL	ICTORS CHOI		
		INSTRU	JCTORS CHOI	CE	

Other Notes: