

BLUE BELT

(4th promotion :5th BELT)

TIME PERIOD: Anywhere between 1-2 Years

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES
3. ESCAPES:
 - A. BEAR HUG
 - B. FULL NELSON
 - C. 1/2 NELSON
 - D. HEAD LOCK
4. KATA
 - A. ICHI KATA , ALL THREE SETS
5. JUDO
 - A. SWEEPS (FRONT, INSIDE & INSIDE OUTSIDE)
 - B. SHOULDER THROW
 - C. DEEP HIP THROW
 - D. FRONT HIP THROW
 - E. FRONT SHORT HIP THROW
 - F. SIDE SHORT HIP THROW
 - G. COUNTERS:
 1. STEP UP COUNTER TO DEEP HIP THROW
 2. THREE COUNTERS TO SHOULDER THROW SERIES
 3. ONE COUNTER TO SWEEP (REVERSAL COUNTER)
 - H. ESCAPES FROM THE MOUNTED & GUARD POSITION
6. CONTAINMENTS:
 - 20 FROM THE FRONT , SIDE AND BACK ATTACKS.