

JUNIOR BLUE BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	FRONT		
		ROUNDHOUSE		
		SIDE		
		SNAP		
		KNEE		
		BACK		
2	STRIKES WITH GLOVES	COMBINATIONS INC KICKS		
3	BREAKFALLS	ALL BREAKFALLS	X5	
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1	
5		BACK STRANGLE	X1	
6		GROUND STRANGLE	X1	
7		HAIR GRABS FRONT	X1	
8		HAIR GRAB REAR	X1	
9		PINNED/UNPINNED FRONT	X2	
10		PINNED/UNPINNED REAR	X2	
11	THROWS	HIP		
12		BODY DROP		
13		SWEEPING LOIN		
14		FRONT SCISSORS		
15		OUTSIDE HOCK		
16		DROPPING FULL SHOULDER		
17	LOCKS STANDING	FIGURE 4		
18		ARM BAR		
19		GOOSE NECK		
20		WINDMILL		
21	LOCKS GROUND	UNDER ARM SHOULDER		
22		KNEELING PRAYER		
23		FOOT BEHIND HEAD		

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24		KNEE / SHOULDER PIN		
25	WRIST LOCKS	SIDE FROM GRAB	X1	
26		WRIST LOCK WITH THROW	X1	
27		PALM UP FROM GRAB	X1	
28		PALM FROM PUSH	X1	
29	BLOCKING	SWAN		
30		INSIDE FOREARM		
31		DOUBLE		
32		ELBOW HIGH		
33		OUTSIDE PALM HEEL		
34		RISING		
35	RANDORI			
36	KUMITE			

**SPIRIT AND AWARENESS IS NOW REQUIRED WITH EACH OF THE TECHNIQUES TO GAIN
A PASS MARK IN THAT TECHNIQUE**

**UP TO 23/36 WHITE BELT BLUE STRIPE
24/36 - 35/36 BLUE BELT WHITE STRIPE
36/36 FULL BLUE**