



# Green Belt Junior

## White Green Stripe (Level 1)

### Break Falls

1. Rolling
2. Back
3. Front
4. Side
5. Foreflap

### Escape and Defences

6. Front and Back Strangle (2)
7. Ground Strangle (2)
8. Hair Grabs (2)
9. Pinned and Unpinned Front (2)

### Throws

10. Hip Throw
11. Body Drop
12. Half Shoulder
13. Sweeping Loin
14. Front Scissors
15. Outside Hock

## Green White Stripe (Level 2)

### Locks

1. Arm Locks from Standing (5)
2. Arm Locks on the Ground (5)

### Wrist Lock

3. Side from Grab
4. With Throw
5. Palm up from Grab

## Full Green (Level 3)

### Kicks

1. Front Thrust
2. Snap
3. Round House
4. Side

### Kata of Blocks and Strikes

5. First Three only

### Freestyle

6. Randori (Free Style Jujitsu)
7. Kumite (Kick Boxing)
8. Ne Waza (Ground Fighting)