



Yellow Belt Junior (Junior)

Break Falls

- 1) Rolling
- 2) Back
- 3) Front
- 4) Side
- 5) Foreflap

Escape and Defences

- 6) Front Strangle
- 7) Back Strangle

Throws

- 8) Hip Throw

Locks

- 9) Arm Locks from Standing (2)
- 10) Arm Lock on the Ground (1)

Kicks

- 11) Front Thrust
- 12) Snap

Kata of Blocks

- 13) First Three Blocks

Pad Drills

- 14) Straight Punches
- 15) Hooks
- 16) Elbows

Dojo Etiquette

Club Safety