



Red Belt (Junior)

Break Falls

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

Escape and Defences

- 6) Front and Back Strangle
- 7) Ground Strangle (2)
- 8) Hair Grab

Throws

- 9) Hip Throw
- 10) Body Drop
- 11) Half Shoulder
- 12) Sweeping Loin

Locks

- 13) Arm Locks from Standing (5)
- 14) Arm Lock on the Ground (3)
- 15) Wrist Lock (Side & With Throw)

Kick s

- 16) Front Thrust
- 17) Snap
- 18) Scissor
- 19) Round House (High/Low)

Kata of Blocks

- 20) All Blocks

Kata of Strikes

- 21) All Strikes

Pad Drills

- 22) Straight Punches, Hooks, Elbows and Back Fist, Upper cuts (Combinations of all)