



Green 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 (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 & Inside Hock

Locks

- 16) Arm Locks from Standing (5)
- 17) Arm Lock on the Ground (5)
- 18) Wrist Lock (Side, With Throw, Palm up)

Kicks

- 19) Front Thrust
- 20) Snap
- 21) Scissor
- 22) Round House (High/Low)
- 23) Side (High/Low)

Kata of Blocks & Strikes

- 24) First Three

Pad Drills

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

Freestyle

- 26) Randori (Freestyle)
- 27) Kumite (Boxing and Kicking)
- 28) Ne Waza (Ground fighting)

Ground Techniques:

Full Guard, Mount, Side Control
& Grips