



Orange Belt (Junior)

Break Falls

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

Escape and Defences

- 6) Front Strangle
- 7) Back Strangle
- 8) Ground Strangle

Throws

- 9) Hip Throw
- 10) Body Drop

Locks

- 11) Arm Locks from Standing (4)
- 12) Arm Lock on the Ground (2)
- 13) Wrist Lock (Side)

Kicks

- 14) Front Thrust
- 15) Snap
- 16) Scissor

Kata of Blocks

- 17) First Five Blocks

Kata of Strikes

- 18) First three Strikes

Pad Drills

- 19) Straight Punches, Hooks, Elbows and Back Fist