



Blue 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/Behind (4)
- 10) Kicks to Head (1)

Throws

- 11) Hip Throw & Body Drop
- 12) Half Shoulder & Sweeping Loin
- 13) Front Scissors & Outside/Inside Hocks
- 14) Dropping Full Shoulder

Locks

- 15) Arm Locks from Standing (5)
- 16) Arm Lock on the Ground (7)
- 17) Wrist Lock (Side, With Throw, Palm up, Palm from Push)

Kicks

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

Kata of Blocks & Strikes

- 24) Full Kata

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, Sweeps from bottom &
Spider Guard