



Black 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 (2)
- 11) Double Lapel
- 12) Arm Bar from Behind
- 13) Escape from Head Lock Front & Rear

Throws

- 14) Hip Throw & Body Drop
- 15) Half Shoulder & Sweeping Loin
- 16) Front Scissors & Outside/Inside Hocks
- 17) Dropping Full Shoulder & Full Shoulder
- 18) Valley Drop & Head Hip Knee
- 19) Stamp Throw, Stomach Throw & Outer Wheel

Locks

- 20) Arm Locks from Standing (5)
- 21) Arm Lock on the Ground (15)
- 22) Wrist Lock (All)

Kicks

- 23) All Kicks (With Combinations)
- 24) Defence to Kicks

Kata of Blocks & Strikes

- 25) Full Kata

Pad Drills

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

Freestyle

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

Ground Techniques:

Full Guard, Mount, Side Control, Grips, Sweeps from bottom, Spider Guard, Escape Mount, Escape Side Control, Arm bar, Americana & Kimura (Guard)

29) Set of Random Attacks:

Defence against two attackers
Knife Defences (6)