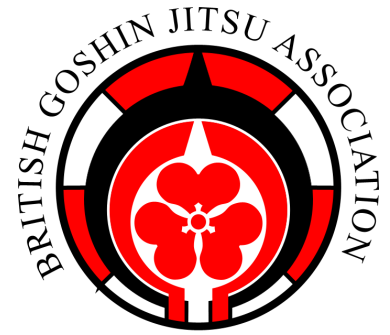




Junior Syllabus



White Belt

All breakfalls
Mat etiquette

O Goshi
Tai O Toshi

Front Snap Kick
Side Snap Kick

Front Punch
Reverse Punch
Backfist
Knife Hand
Palm Heel Strike

White Belt + Tab

Cross Block
Palm Heel Block
Rising Block
Inner Parry
Outer Parry
Swansneck Parry
X block High and Low
Breaking Rear Strangle
Breaking Front Strangle
Reclining Leg Throw

Terminology

<i>Dojo</i>	Training area	<i>Tori</i>	Thrower
<i>Rei</i>	Bow	<i>Uke</i>	Attacker
<i>Sensei</i>	Teacher	<i>Newaza</i>	Ground techniques
<i>Matte</i>	Wait	<i>Yame</i>	Stop
<i>Hajime</i>	Start	<i>Tatami</i>	Mat



Junior Syllabus



Yellow Belt

Ippon Seionage
Morote Seionage
Ko Uchi Gari
Ko Soto Gari

Defence against kicks on the ground x2

Selected techniques from previous syllabus

Terminology

<i>Hidari</i>	Left
<i>Migi</i>	Right
<i>Mae</i>	Front
<i>Ura</i>	Rear

Yellow Belt + Tab

Leg Locks x2
Breaking Ground Strangles x4

O Goshi
Tai O Toshi
Ippon Seionage

Selected techniques from previous syllabus

Terminology

<i>Ashi</i>	Ankle	<i>Yoko</i>	Side
<i>Te</i>	Hand	<i>Atemi</i>	Strike
<i>Eri</i>	Collar	<i>Budo</i>	Martial art
<i>Hiza</i>	Knee		



Junior Syllabus



Orange Belt

Harai Goshi
O Soto Gari
Ko Soto Gari
Uki Goshi
Ippon Seionage
Tai O Toshi

Leg throw with lock x2

Selected techniques from previous syllabus

Terminology

<i>Shimewaza</i>	Strangling techniques
<i>Obi</i>	Belt
<i>Ude</i>	Straight

Orange Belt + Tab

Harai Goshi (from three different attacks)

Defence against bear hugs x4

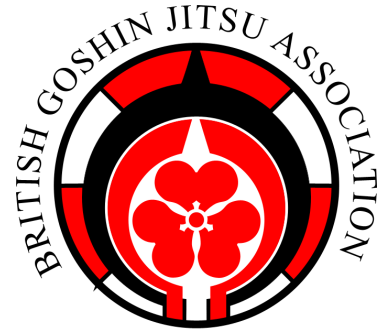
Basic strikes

Knuckles
Backfist
Palm Heel
Knife Hand

Selected techniques from previous syllabus



Junior Syllabus



Green Belt

Koshi Guruma
Hane Goshi
Seio Toshi
Yama Arashi

Tachi Hadaka Jime

Variation on shoulder throws x3
Rice Bale

Selected techniques from previous syllabus

Green Belt + Tab

Escape from Full Nelson
Escape from Half Nelson

Strangles and Chokes

Nami Juji Jime	Normal Cross Strangle
Gyaku Juji Jime	Reverse Cross Strangle
Kata Juji Jime	Half Cross Strangle
Eri Jime	Collar Strangle
Tsuri Komi Jime	Thrusting Strangle
Mae Hadaka Jime	Front Naked Strangle
Kata Ha Jime	Single Wing Strangle
Okuri Eri Jime	Sliding Collar Strangle
Sode Guruma	Sleeve Wheel
Ura Hadaka Jime	Rear Naked Strangle

Selected techniques from previous syllabus



Junior Syllabus



Blue Belt

Uchi Mata

Ko Uchi Maki Komi

Saesae Tsuru Komi Ashi

Sumi Gaeshi

Basic blocks with finishes

Escape from head chancery x2

Escape from garrotting x2

Breaking strangles x8

Selected techniques from previous syllabus

Blue Belt + Tab

Indian Death Lock

Hane Goshi

Scissors and naked choke hold

Front Scoop

Rear Scoop

Outside block, kick to solar plexus

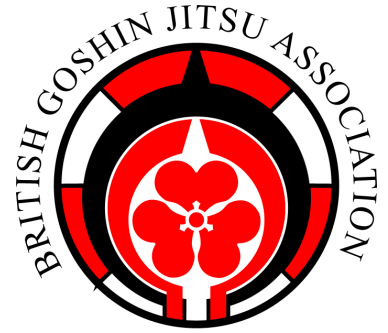
Outside block, elbow to ribs and backfist

Hold downs x10

Selected techniques from previous syllabus



Junior Syllabus



Purple Belt

Tani O Toshi
O Guruma
Ashi Guruma
Kata Guruma

Counter to back arm and collar hold x2

Counter to bar choke

Front and side kicks x2

Ippon Seionage
Seio Toshi
Kubi Nage

Selected techniques from previous syllabus

Purple Belt + Tab

Variations on kicks from

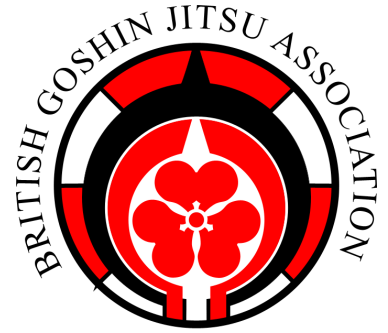
Front
Side
Rear
Ground

Wedge block
Basic holding and locking techniques x10

Selected techniques from previous syllabus



Junior Syllabus



Brown Belt

Soto Maki Komi
Uchi Maki Komi
Tominage
Rolling ankle throw
Ura Nage
Soto Guruma

Action against 2 or more attackers

Basic throws

O Goshi
O Soto Gari
Tai O Toshi
Ippon Seionage
Morote Seionage
Hari Goshi
O Uchi Gari
Uchi Mata
Hane Goshi
Kata Guruma

Selected techniques from previous syllabus

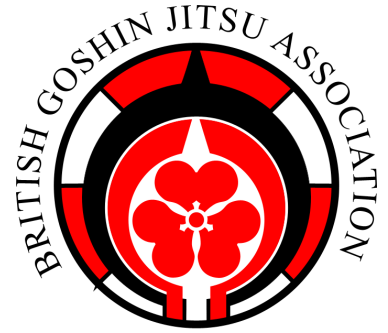
Brown Belt + Tab

Throwing attackers from behind x4
Various kicks from attacks
3 different blocks using the same arm x2

Selected techniques from previous syllabus



Junior Syllabus



Black Belt

15 different throws from attacks

Counter to

Tai O Toshi
Ko Soto Gake
O Soto Gari
O Uchi Gari
Ippon Seionage
Hiza Guruma
O Goshi

Renrakuwaza x5

Standing defence against kicks x4
One handed throat throw

Various strikes

Elbow
Knife Hand
Bottom Fist
Palm Heel
Knuckles

Defence against combined kicks and punches

Novice Kata
Sho Dan Kata

Selected techniques from previous syllabus