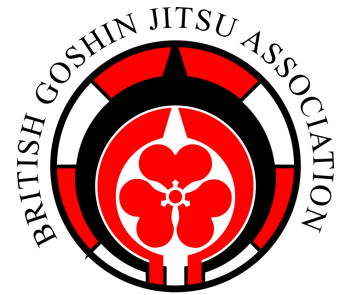




Kodoma Syllabus



Kodoma are over seven and under ten years old. Exceptionally, if they are a brown belt on their 10th birthday, they may continue as a Kodoma until their 11th birthday in order to gain a black belt.

A Kodoma may wear their black belt while a Junior until they have graded up enough Junior grades to replace it with a Junior Green belt.

Kodoma wear white belts with a coloured stripe through the middle. Their initial belt is plain white (unlike Juniors and Adults who start with red).

Each belt is split into three parts or 'tabs'.

Ideally a student will grade all three parts in one go and gain the next coloured belt. If only the first part is achieved, then a coloured ribbon or 'tab' is sewn around the left end of the belt. If only the first two parts are achieved, then two coloured 'tabs' are given. This allows students with lesser ability to progress through the grades.

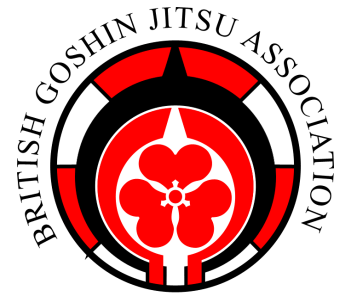
At the subsequent grading the student should try to complete the remaining tabs of the belt. Ideally the student should demonstrate the tabs already gained before grading for the remaining ones.

Students should not grade for tabs in one belt and then tabs for the next belt in a single grading.

A Kodoma with a black belt should be addressed as Sensei by other Kodomas.



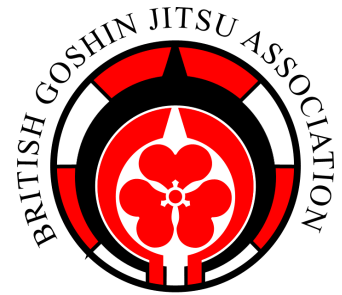
Kodoma Syllabus



Yellow Belt	1 st Tab	Side breakfalls (left and right) Inside parry to straight punch and finish Outside parry to straight punch and finish
	2 nd Tab	Front breakfall Rear breakfall Rising high block to overhead strike and reverse punch strike Cross block to roundhouse punch and backfist strike
	3 rd Tab	Rolling breakfalls left and right Swansneck block and reverse punch strike Umbrella parry to straight punch with side kick finish Outside palmheel block to straight punch
Orange Belt	1 st Tab	Palmheel block to straight punch and palm heel strike Downside block (and reverse punch) Swansneck block (and reverse punch) Low X Block (and backfist) High X Block (and knife hand) Front snap kick (to knees, solar plexus and groin) Side snap kick (to knee and side of knee)
	2 nd Tab	Backfist to three targets Reverse punch to three targets Palmheel strike to three targets Knife hand strike to three targets
	3 rd Tab	Breaking a front strangle with a downward block Blocking right and left punches using swansneck block Blocking right and left kicks using downside block
Green Belt	1 st Tab	O Goshi from a roundhouse punch Tai O Toshi from a roundhouse punch O Soto Gari from a roundhouse punch
	2 nd Tab	Breaking a rear strangle with O Goshi Escape from bear hug held under arms from rear Escape from bear hug held over arms from rear
	3 rd Tab	O Goshi from a front strangle Takedown using bent arm from a front strangle Ko Soto Gari from a straight punch



Kodoma Syllabus



Blue Belt	1 st Tab	O Uchi Gari from a roundhouse punch Ko Soto Gari from a straight punch Kesa Gatame
	2 nd Tab	Ippon Seionage from an overhead strike Morote Seionage from a roundhouse punch Ko Uchi Gari
	3 rd Tab	Defence against kicks on the ground to head and stomach Standing front and side kicks (without foot touching the floor)
Purple Belt	1 st Tab	Demonstrate the 8 points of balance First 3 moves of the Novice Kata
	2 nd Tab	Reverse hip throw Seio Toshi from punch
	3 rd Tab	First 10 moves of the Novice Kata Escape from Kesa Gatame
Brown Belt	1 st Tab	Basic Nunchaku Kata Three different blocks using the same arm
	2 nd Tab	10 second hold down with Kesa Gatame Defence against multiple attackers (roundhouse punch) – 1 min
	3 rd Tab	Defence against multiple attackers (roundhouse punch, straight punch or overhead strike) – 1 min Mat etiquette Tying the belt Saying the Rei Performing the Rei and why we do it Knowing when to Rei Terminology for <i>Dojo / Sensei / Rei / Hajime / Matte</i>
Black Belt		Any techniques chosen by Sensei from previous syllabus Novice Kata of blocks Basic Nunchaku kata