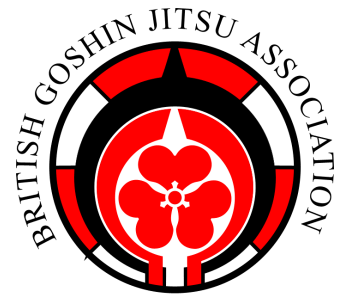
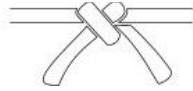




# White Belt Syllabus



## Mat etiquette

### Breakfalls

Mae ukemi  
Ura ukemi  
Migi yoko ukemi  
Hidari yoko ukemi

### Throws

O Goshi  
Tia O Toshi  
O Soto Gari  
Ura Shime  
Mae Shime

### Kicks and punches

Mae Geri  
Yoko Geri  
Mae Zuki  
Gyaku Zuki  
Ura Zuki  
Shuto  
Taisho Uchi

### Blocks and parries or 1<sup>st</sup> kata of blocks

Juji Uki  
Taisho Uki  
Jodan Uki  
Uchi Barai  
Soto Barai  
Umbrella parry  
Swansneck parry  
X block

### Locks

Ude Gatame  
Ashi Waza  
Kata Gatame

### Terminology

Dojo  
Rei  
Sensei  
Matte  
Tatami  
Tori  
Uki  
Newaza  
Tachi waza  
Shime waza  
Kansetsu waza

Front breakfall  
Rear breakfall  
Right side breakfall  
Left side breakfall  
Rolling breakfalls

Major hip throw  
Body drop  
Major outer reaping  
Breaking rear strangle  
Breaking front strangle

Front snap kick  
Side snap kick  
Front punch  
Reverse punch  
Backfist  
Knifehand  
Palmheel strike

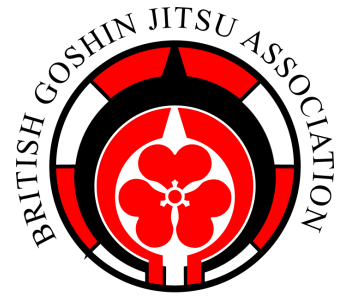
Cross block  
Palmheel block  
High block  
Inner parry  
Outer parry

Arm locks x 3  
Ankle technique  
Shoulder lock

Place of training  
Bow  
Teacher  
Stop  
Mats  
Thrower  
One being thrown  
Ground techniques  
Standing techniques  
Strangling techniques  
Armlock techniques



# Yellow Belt Syllabus



## Mat Etiquette

### Throws

Ippon Seionage  
Morote Seionage  
Ko Uchi Gari  
Ko Soto Gari  
O Goshi Juji Gatame  
Ashi Gatame  
Tachi Ude Gatame x 2  
Kata Ude Gatame

One arm shoulder throw  
Two arm shoulder throw  
Minor inner reaping  
Minor outer reaping  
Major hip cross armlock  
Leg lock  
Standing armlocks  
Shoulder armlock

### Various Techniques

Kote Waza x 2  
Wrist lock with throw x 2  
Reclining leg throw  
Breaking ground strangles x 4  
Breaking hair grip  
Defence against kicks on the ground x 2

Wrist technique

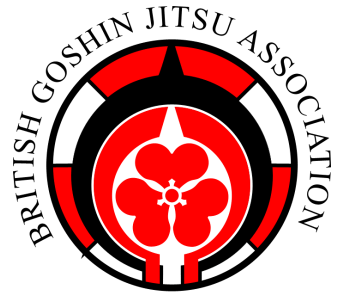
### Terminology

Hidari  
Migi  
Ura  
Mae  
Yoko  
Atemi  
Budo  
Ashi  
Te  
Eri  
Hiza

Left  
Right  
Rear  
Front  
Side  
Strikes or punches  
Art or code of honour  
Ankle  
Hand  
Collar  
Knee



# Orange Belt Syllabus



## Throws

Harai Goshi  
O Uchi Gari  
Ko Soto Gari  
Uki Goshi  
Ippon Seionage  
Tia O Toshi  
Harai Goshi, defend and attack  
Hiza Guruma  
Dropping full shoulder

## Various Techniques

Leg throw with lock  
Back hammer lock  
Kani Basami

## Escapes from bear hugs

Under arms from front  
Over arms from front  
Under arms from rear  
Over arms from rear

## Atemi waza

Back fist  
Palm heel  
Knuckles  
Knifehand  
Bottomfist

## Terminology

Shime waza  
Ude  
Goshi  
Nage waza  
Ne waza  
Obi

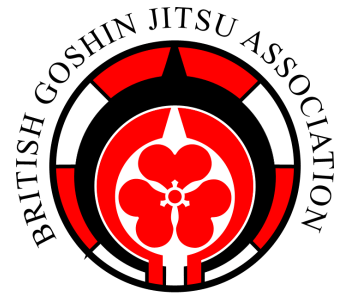
Sweeping loin  
Major inner reaping  
Minor outer hook  
Floating hip  
One arm shoulder throw  
Body drop  
Sweeping loin  
Knee wheel

Crab claw scissors

Strangles and chokes  
Straight  
Hip  
Throwing techniques  
Ground techniques  
Belt



# Green Belt Syllabus



## Throws

Koshi Guruma  
Hane Goshi  
Seio Toshi  
Yama Arashi  
Tachi Hadaka Jime  
Variations on shoulder throws x 3  
Double shoulder locks x 4

## Strangles and chokes

Nami Juji Jime  
Gyaku Juji Jime  
Kata Juji Jime  
Tsuru Komi Jime  
Eri Jime  
Mae Hadaka Jime  
Okuri Eri Jime  
Kata ha Jime  
Sode Guruma  
Ura Hadaka Jimi

## Escapes

Escape from full nelson  
Escape from half nelson

## Various

Rice bail throw  
Front scissors throw

## Wrist Locks

Kote waza x 2

Hip wheel  
Spring hip  
Shoulder drop  
Mountain storm  
Standing bar choke

Normal cross strangle  
Reverse cross strangle  
Half cross strangle  
Thrusting strangle  
Collar strangle  
Front naked strangle  
Sliding collar strangle  
Single wing strangle  
Sleeve wheel  
Rear naked strangle



# Blue Belt Syllabus



## Throws

Uchi Mata  
Ko Uchi Maki Komi  
Saesae Tsuru Komi Ashi  
Sumi Gaeshi  
Hane Goshi  
Scissors and naked choke hold  
Front scoop  
Indian death lock

Inner thigh  
Minor inner reaping  
Propping drawing ankle  
Corner throw  
Spring hip

## Holds

Gatame x10:  
Start by throwing Uki with O Goshi  
Juji Gatame  
Kesa Gatame  
Kata Gatame  
Tate shiho Gatame  
Yoko Shiho Gatame  
Mune Gatame  
Kami Shiho Gatame  
Kezure Kami Shiho Gatame  
Ushiro Kesa Gatame  
Kezure Kesa Gatame  
Finish with wrist lock

## Blocks and finishes

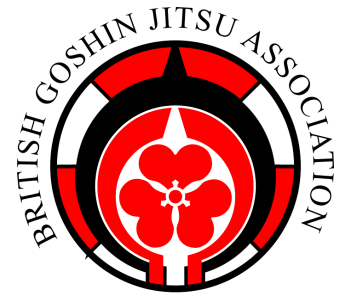
Demonstrate all basic blocks, and finish each one  
Outside block and kick to solar plexus  
Outside block, elbow to ribs, backfist

## Escapes

Escapes from head chancery x 2  
Escape from garrotting x 2  
Breaking strangles and chokes x 5  
Defend against Knife attacks x 3



# Purple Belt Syllabus



## Throws

O Guruma  
Ashi Guruma  
Kata Guruma  
Tani O Toshi  
Kubi Nage  
Full shoulder throw

Major wheel  
Leg wheel  
Shoulder wheel  
Valley drop  
Head hip and knee

## Counter to

Kaeshi wasa Ude Gatame  
Kaeshi

Straight armlock  
Back arm and collar

## Demonstrate basic kicks from

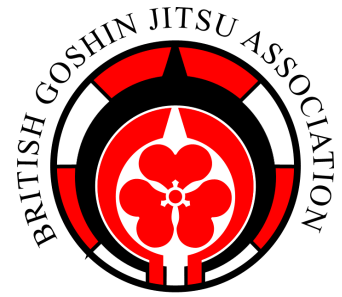
Front  
Back  
Side  
Ground

## Various

Identify 10 nerve and pressure points  
Wedge block  
Basic holding and locking techniques x 5  
Basic Kata of blocks



# Brown Belt Syllabus



## Throws

Soto Maki Komi  
Uchi Maki Komi  
Tominage  
Ura Nage  
Ura Ashi Guruma  
Soto Guruma  
Rolling ankle throw  
Variations of Leg sweeps x 5  
Variations of stomach throws x 3  
Throwing attackers from behind x 2  
One handed throws x 2

Outer winding throw  
Inner winding throw  
Stomach throw  
Rear throw  
Leg wheel from the rear  
Outer wheel

## Defence against multiple attackers

### Basic throws

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

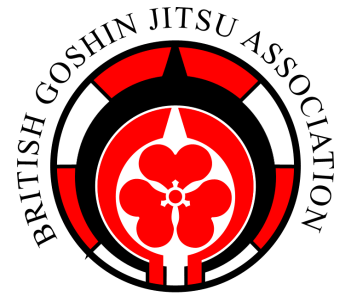
### Various

Basic kicks from the ground  
All basic kicks standing  
Shoulder dislocations x 2  
Escape when held by wrists from rear x 2

Uki attacks  
Uki stands still



# Black Belt Syllabus



## Etiquette

## Various techniques from previous syllabus

### Throws

25 different throws

### Counters to

Ko Soto Gake

O Soto Gari

O Uchi Gari

Ippon Seionage

Hiza Guruma

O Goshi

Tia O Toshi

### Combination throws x 5

### Various techniques

One handed throat throw

Standing defence against kicks

Defence to combined kicks and punches

Elbow strikes

Bottom fist strikes

Palm heel strikes

Counters to standing locks x 3

Wrist locks from attacks x 5

## First aid