

JUNIOR YELLOW BELT SYLLABUS

1	KICKS	FRONT	
2		ROUNDHOUSE	
3	STRIKES WITH GLOVES	JAB	
4		CROSS	
5	BREAKFALLS	FRONT	
6		BACK	
7		SIDE	
8		ROLLING	
9		FOREFLAP	
10	ESCAPES AND DEFENCES	FRONT STRANGLE	X1
11		BACK STRANGLE	X1
12	THROWS	HIP	
13	LOCKS STANDING	ARM BAR	
14	BLOCKING	SWAN	
15		INSIDE FOREARM	

UP TO 7/15 WHITE BELT YELLOW STRIPE
8/15 - 11/15 YELLOW BELT WHITE STRIPE
12/15 - 15/15 FULL YELLOW