

JUNIOR ORANGE BELT SYLLABUS

1	KICKS	FRONT	
		ROUNDHOUSE	
		SIDE	
2	STRIKES WITH GLOVES	JAB	
		CROSS	
		UPPER CUT	
3	BREAKFALLS	ALL BREAKFALLS	X5
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1
5		BACK STRANGLE	X1
6		GROUND STRANGLE	X1
7	THROWS	HIP	
8		BODY DROP	
9	LOCKS STANDING	ARM BAR	
10		GOOSE NECK	
11	LOCKS GROUND	UNDER ARM SHOULDER	
12	WRIST LOCKS	SIDE FROM GRAB	X1
13	BLOCKING	SWAN	
14		INSIDE FOREARM	
15		DOUBLE	
16	TOUCH SPARRING		

UP TO 7/16 WHITE BELT ORANGE STRIPE
8/16 - 13/16 ORANGE BELT WHITE STRIPE
14/16 - 16/16 FULL ORANGE