

## JUNIOR RED BELT SYLLABUS

1	<b>KICKS</b>	FRONT	
		ROUNDHOUSE	
		SIDE	
		SNAP	
2	<b>STRIKES WITH GLOVES</b>	JAB	
		CROSS	
		UPPER CUT	
		ELBOW	
3	<b>BREAKFALLS</b>	ALL BREAKFALLS	X5
4	<b>ESCAPES AND DEFENCES</b>	FRONT STRANGLE	X1
5		BACK STRANGLE	X1
6		GROUND STRANGLE	X1
7	<b>THROWS</b>	HIP	
8		BODY DROP	
9	<b>LOCKS STANDING</b>	ARM BAR	
10		GOOSE NECK	
11		WINDMILL	
12	<b>LOCKS GROUND</b>	UNDER ARM SHOULDER	
13	<b>WRIST LOCKS</b>	SIDE FROM GRAB	X1
14		WRIST LOCK WITH THROW	X1
15	<b>BLOCKING</b>	SWAN	
16		INSIDE FOREARM	
17		DOUBLE	
18		ELBOW HIGH	
19	<b>TOUCH SPARRING</b>		
20	<b>SPIRIT AND AWARENESS</b>		

**UP TO 10/20 WHITE BELT RED STRIPE**  
**11/20 - 16/20 RED BELT WHITE STRIPE**  
**17/20 - 20/20 FULL RED**