

JUNIOR BROWN BELT SYLLABUS

1	KICKS	ALL KICKS	
2	STRIKES WITH GLOVES	COMBINATIONS INC KICKS	
3	BREAKFALLS	ALL BREAKFALLS	X5
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1
5		BACK STRANGLE	X1
6		GROUND STRANGLE	X1
7		HAIR GRABS	X2
8		PINNED/UNPINNED FRONT/REAR	X4
9		DOUBLE LAPEL GRAB	X1
10		HEAD CHANCERY FRONT	X1
11		HEAD CHANCERY REAR	X1
12	THROWS	HIP	
13		BODY DROP	
14		SWEEPING LOIN	
15		FRONT SCISSORS	
16		OUTSIDE HOCK	
17		DROPPING FULL SHOULDER	
18		RICE BALE THROW	
19	LOCKS	STANDING ARM LOCKS	X4
20	LOCKS GROUND	UNDER ARM SHOULDER	
21		KNEELING PRAYER	
22		FOOT BEHIND HEAD	
23		KNEE / SHOULDER PIN	
24		ARM BAR USING RIGHT FOOT	
25		SINGLE CHICKEN WING USING LEFT FOOT	
26		DOUBLE CHICKEN WING	
27		DOUBLE ARM DISLOCATION	
28	WRIST LOCKS	SIDE FROM GRAB	X1
29		WRIST LOCK WITH THROW	X1
30		PALM UP FROM GRAB	X1
31		PALM FROM PUSH	X1

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32		SIDE FROM ELBOW	X1
33	DEFENCES AGAINST KICKS	FRONT	
		ROUNDHOUSE	
		SIDE	
		BACK	
34	BLOCKING	SWAN	
		INSIDE FOREARM	
		DOUBLE	
		ELBOW HIGH	
		OUTSIDE PALM HEEL	
		RISING	
		X BLOCK	
		WALKING STICK	
35	RANDORI		
36	KUMITE		
37	SPIRIT AND AWARENESS		

UP TO 20/37 WHITE BELT BROWN STRIPE
21/37 - 33/37 BROWN BELT WHITE STRIPE
34/37 - 37/37 FULL BROWN