

JUNIOR GREEN BELT SYLLABUS

| | | | |
|----|-----------------------------|------------------------|----|
| 1 | KICKS | FRONT | |
| | | ROUNDHOUSE | |
| | | SIDE | |
| | | SNAP | |
| | | KNEE | |
| 2 | STRIKES WITH GLOVES | JAB | |
| | | CROSS | |
| | | UPPER CUT | |
| | | ELBOW | |
| | | HOOK | |
| 3 | BREAKFALLS | ALL BREAKFALLS | X5 |
| 4 | ESCAPES AND DEFENCES | FRONT STRANGLE | X1 |
| 5 | | BACK STRANGLE | X1 |
| 6 | | GROUND STRANGLE | X1 |
| 7 | | HAIR GRAB REAR | X1 |
| 8 | | PINNED FRONT | X1 |
| 9 | | UNPINNED FRONT | X1 |
| 10 | THROWS | HIP | |
| 11 | | BODY DROP | |
| 12 | | FRONT SCISSORS | |
| 13 | | DROPPING FULL SHOULDER | |
| 14 | LOCKS STANDING | FIGURE 4 | |
| 15 | | ARM BAR | |
| 16 | | GOOSE NECK | |
| 17 | | WINDMILL | |
| 18 | LOCKS GROUND | UNDER ARM SHOULDER | |
| 19 | | KNEELING PRAYER | |
| 20 | WRIST LOCKS | SIDE FROM GRAB | X1 |
| 21 | | WRIST LOCK WITH THROW | X1 |
| 22 | | PALM UP FROM GRAB | X1 |
| 23 | BLOCKING | SWAN | |

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| | | | |
|----|-----------------------------|-------------------|--|
| 24 | | INSIDE FOREARM | |
| 25 | | DOUBLE | |
| 26 | | ELBOW HIGH | |
| 27 | | OUTSIDE PALM HEEL | |
| 28 | RANDORI | | |
| 29 | KUMITE | | |
| 30 | SPIRIT AND AWARENESS | | |

UP TO 18/30 WHITE BELT GREEN STRIPE
19/30 - 26/30 GREEN BELT WHITE STRIPE
27/30 - 30/30 FULL GREEN