

JUNIOR BLUE BELT SYLLABUS

1	KICKS	FRONT	
		ROUNDHOUSE	
		SIDE	
		SNAP	
		KNEE	
		BACK	
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 FRONT	X1
8		HAIR GRAB REAR	X1
9		PINNED/UNPINNED FRONT	X2
10		PINNED/UNPINNED REAR	X2
11	THROWS	HIP	
12		BODY DROP	
13		SWEEPING LOIN	
14		FRONT SCISSORS	
15		OUTSIDE HOCK	
16		DROPPING FULL SHOULDER	
17	LOCKS STANDING	FIGURE 4	
18		ARM BAR	
19		GOOSE NECK	
20		WINDMILL	
21	LOCKS GROUND	UNDER ARM SHOULDER	
22		KNEELING PRAYER	
23		FOOT BEHIND HEAD	
24		KNEE / SHOULDER PIN	
25	WRIST LOCKS	SIDE FROM GRAB	X1
26		WRIST LOCK WITH THROW	X1

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27		PALM UP FROM GRAB	X1
28		PALM FROM PUSH	X1
29	BLOCKING	SWAN	
30		INSIDE FOREARM	
31		DOUBLE	
32		ELBOW HIGH	
33		OUTSIDE PALM HEEL	
34		RISING	
35	RANDORI		
36	KUMITE		
37	SPIRIT AND AWARENESS		

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