

JUNIOR BLACK BELT SYLLABUS

1	KICKS	ALL KICKS	
2	STRIKES WITH GLOVES	COMBINATIONS INC KICKS	
3	BREAKFALLS	ALL BREAKFALLS	X5
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X2
5		BACK STRANGLE	X2
6		GROUND STRANGLE	X2
7		HAIR GRABS	X2
8		PINNED/UNPINNED FRONT/REAR	X4
9		KICKS TO HEAD	X2
10		DOUBLE LAPEL GRAB	X1
11		HEAD CHANCERY FRONT	X2
12		HEAD CHANCERY REAR	X2
GRADING NO 1			
13	THROWS	HIP	
14		BODY DROP	
15		SWEEPING LOIN	
16		FRONT SCISSORS	
17		OUTSIDE HOCK	
18		DROPPING FULL SHOULDER	
19		RICE BALE THROW	
20		VALLEY DROP	
21		STAMP THROW	
22	LOCKS	STANDING ARM LOCKS INC BACK HAMMER	X5
23		GROUND ARM LOCKS INC ASST DOUBLE CHICKEN WING	X9
GRADING NO 2			
24	WRIST LOCKS	SIDE FROM GRAB	X1
25		WRIST LOCK WITH THROW	X1
26		PALM UP FROM GRAB	X1
27		PALM FROM PUSH	X1
28		SIDE FROM ELBOW	X1
29	DEFENCES AGAINST KICKS	FRONT	

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30		ROUNDHOUSE	
31		SIDE	
32		BACK	
33		CRESENT	
34	KNIFE DEFENCES	DESENDING	
35		STRAIGHT TO FACE	
36		UPPER CUT	
37		SINGLE SLASH	
38		DOUBLE SLASH	
39		STAIGHT TO CHEST	
40	BLOCKING	SWAN	
		INSIDE FOREARM	
		DOUBLE	
		ELBOW HIGH	
		OUTSIDE PALM HEEL	
		RISING	
		X BLOCK	
		WALKING STICK	
41	RANDORI		
42	KUMITE		
43	SPIRIT AND AWARENESS		
GRADING 3			

ALL TECHNIQUES MUST BE COMPLETED TO THE REQUIRED STANDARD