

JUNIOR YELLOW BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	FRONT		
2		ROUNDHOUSE		
3	STRIKES WITH GLOVES	JAB		
4		CROSS		
5	BREAKFALLS	FRONT		
6		BACK		
7		SIDE		
8		ROLLING		
9		FOREFLAP		
10	ESCAPES AND DEFENCES	FRONT STRANGLE	X1	
11		BACK STRANGLE	X1	
12	THROWS	HIP		
13	LOCKS STANDING	ARM BAR		
14	BLOCKING	SWAN		
15		INSIDE FOREARM		
16	DOJO ETTIQUETTE			

UP TO 7/16 WHITE BELT YELLOW STRIPE
8/16 - 12/16 YELLOW BELT WHITE STRIPE
13/16 - 16/16 FULL YELLOW