

JUNIOR ORANGE BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	FRONT		
		ROUNDHOUSE		
		SIDE		
2	STRIKES WITH GLOVES	JAB		
		CROSS		
		UPPER CUT		
3	BREAKFALLS	ALL BREAKFALLS	X5	
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1	
5		BACK STRANGLE	X1	
6		GROUND STRANGLE	X1	
7	THROWS	HIP		
8		BODY DROP		
9		LOCKS STANDING	ARM BAR	
10		GOOSE NECK		
11	LOCKS GROUND	UNDER ARM SHOULDER		
12	WRIST LOCKS	SIDE FROM GRAB	X1	
13	BLOCKING	SWAN		
14		INSIDE FOREARM		
15		DOUBLE		
16	TOUCH SPARRING			

UP TO 7/16 WHITE BELT ORANGE STRIPE
8/16 - 13/16 ORANGE BELT WHITE STRIPE
14/16 - 16/16 FULL ORANGE