

JUNIOR RED BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	FRONT		
		ROUNDHOUSE		
		SIDE		
		SNAP		
2	STRIKES WITH GLOVES	JAB		
		CROSS		
		UPPER CUT		
		ELBOW		
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		WINDMILL		
12	LOCKS GROUND	UNDER ARM SHOULDER		
13	WRIST LOCKS	SIDE FROM GRAB	X1	
14		WRIST LOCK WITH THROW	X1	
15	BLOCKING	SWAN		
16		INSIDE FOREARM		
17		DOUBLE		
18		ELBOW HIGH		
19	TOUCH SPARRING			

**SPIRIT AND AWARENESS IS NOW REQUIRED WITH EACH OF THE TECHNIQUES TO GAIN
A PASS MARK FOR THAT TECHNIQUE.
UP TO 10/19 WHITE BELT RED STRIPE
11/19 - 16/19 RED BELT WHITE STRIPE
17/19 - 19/19 FULL RED**