

JUNIOR GREEN BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	FRONT		
		ROUNDHOUSE		
		SIDE		
		SNAP		
		KNEE		
2	STRIKES WITH GLOVES	JAB		
		CROSS		
		UPPER CUT		
		ELBOW		
		HOOK		
3	BREAKFALLS	ALL BREAKFALLS	X5	
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1	
5		BACK STRANGLE	X1	
6		GROUND STRANGLE	X1	
7		HAIR GRAB REAR	X1	
8		PINNED FRONT	X1	
9		UNPINNED FRONT	X1	
10	THROWS	HIP		
11		BODY DROP		
12		FRONT SCISSORS		
13		DROPPING FULL SHOULDER		
14	LOCKS STANDING	FIGURE 4		
15		ARM BAR		
16		GOOSE NECK		
17		WINDMILL		
18	LOCKS GROUND	UNDER ARM SHOULDER		
19		KNEELING PRAYER		

JUNIOR GREEN BELT SYLLABUS

20	WRIST LOCKS	SIDE FROM GRAB	X1	
21		WRIST LOCK WITH THROW	X1	
22		PALM UP FROM GRAB	X1	
23	BLOCKING	SWAN		
24		INSIDE FOREARM		
25		DOUBLE		
26		ELBOW HIGH		
27		OUTSIDE PALM HEEL		
28	RANDORI			
29	KUMITE			

**SPIRIT AND AWARENESS IS NOW REQUIRED WITH EACH OF THE TECHNIQUES TO GAIN
A PASS MARK IN THAT TECHNIQUE**

**UP TO 20/29 WHITE BELT GREEN STRIPE
21/29 - 28/29 GREEN BELT WHITE STRIPE
29/29 FULL GREEN**