

JUNIOR BROWN BELT SYLLABUS

NAME _____

				COMPLETED
1	KICKS	ALL KICKS		
2	STRIKES WITH GLOVES	COMBINATIONS INC KICKS		
3	BREAKFALLS	ALL BREAKFALLS	X5	
4	ESCAPES AND DEFENCES	FRONT STRANGLE	X1	
5		BACK STRANGLE	X1	
6		GROUND STRANGLE	X1	
7		HAIR GRABS	X2	
8		PINNED/UNPINNED FRONT/REAR	X4	
9		DOUBLE LAPEL GRAB	X1	
10		HEAD CHANCERY FRONT	X1	
11		HEAD CHANCERY REAR	X1	
12	THROWS	HIP		
13		BODY DROP		
14		SWEEPING LOIN		
15		FRONT SCISSORS		
16		OUTSIDE HOCK		
17		DROPPING FULL SHOULDER		
18		RICE BALE THROW		
19	LOCKS	STANDING ARM LOCKS	X4	
20	LOCKS GROUND	UNDER ARM SHOULDER		
21		KNEELING PRAYER		
22		FOOT BEHIND HEAD		
23		KNEE / SHOULDER PIN		
24		ARM BAR USING RIGHT FOOT		
25		SINGLE CHICKEN WING USING LEFT FOOT		
26		DOUBLE CHICKEN WING		
27		DOUBLE ARM DISLOCATION		
28	WRIST LOCKS	SIDE FROM GRAB	X1	
29		WRIST LOCK WITH THROW	X1	

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30		PALM UP FROM GRAB	X1	
31		PALM FROM PUSH	X1	
32		SIDE FROM ELBOW	X1	
33	DEFENCES AGAINST KICKS	FRONT		
		ROUNDHOUSE		
		SIDE		
		BACK		
34	BLOCKING	SWAN		
		INSIDE FOREARM		
		DOUBLE		
		ELBOW HIGH		
		OUTSIDE PALM HEEL		
		RISING		
		X BLOCK		
		WALKING STICK		
35	RANDORI			
36	KUMITE			

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

**UP TO 23/36 WHITE BELT BROWN STRIPE
24/36 - 35/36 BROWN BELT WHITE STRIPE
36/36 FULL BROWN**