

JUNIOR BLACK 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	X2	
5		BACK STRANGLE	X2	
6		GROUND STRANGLE	X2	
7		HAIR GRABS	X2	
8		PINNED/UNPINNED FRONT/ REAR	X4	
9		KICKS TO HEAD	X2	
10		DOUBLE LAPEL GRAB	X1	
11		HEAD CHANCERY FRONT	X2	
12		HEAD CHANCERY REAR	X2	
GRADING NO 1				
13	THROWS	HIP		
14		BODY DROP		
15		SWEEPING LOIN		
16		FRONT SCISSORS		
17		OUTSIDE HOCK		
18		DROPPING FULL SHOULDER		
19		RICE BALE THROW		
20		VALLEY DROP		
21		STAMP THROW		
22	LOCKS	STANDING ARM LOCKS INC BACK HAMMER	X5	
23		GROUND ARM LOCKS INC ASST DOUBLE CHICKEN WING	X9	
GRADING NO 2				
24	WRIST LOCKS	SIDE FROM GRAB	X1	
25		WRIST LOCK WITH THROW	X1	

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26		PALM UP FROM GRAB	X1	
27		PALM FROM PUSH	X1	
28		SIDE FROM ELBOW	X1	
29	DEFENCES AGAINST KICKS	FRONT		
30		ROUNDHOUSE		
31		SIDE		
32		BACK		
33		CRESENT		
34	KNIFE DEFENCES	DESENDING		
35		STRAIGHT TO FACE		
36		UPPER CUT		
37		SINGLE SLASH		
38		DOUBLE SLASH		
39		STAIGHT TO CHEST		
40	BLOCKING	SWAN		
		INSIDE FOREARM		
		DOUBLE		
		ELBOW HIGH		
		OUTSIDE PALM HEEL		
		RISING		
		X BLOCK		
		WALKING STICK		
41	RANDORI			
42	KUMITE			
43	SPIRIT AND AWARENESS			

GRADING 3

ALL TECHNIQUES MUST BE COMPLETED TO THE REQUIRED STANDARD