



Black Belt Junior

White Black Stripe (Level 1)

Break Falls

1. Rolling
Back
Front
Side
Foreflap

Escape and Defences

2. Front and Back Strangle (2)
3. Ground Strangle (2)
4. Hair Grabs (2)
5. Pinned and Unpinned Front/Behind (4)
6. Kicks to Head (2)
7. Double Lapel Grab (1)
8. Arm Bar from Behind (1)
9. Escape from Head Chancerys Front and Rear (2)

Throws

10. Hip Throw
Body Drop
11. Half Shoulder
Sweeping Loin
12. Front Scissors
Outside Hock
13. Dropping Full Shoulder
Full Shoulder
14. Valley Drop
Head Hip Knee
15. Stamp Throw
Stomach Throw
Outer Wheel

Black White Stripe (Level 2)

Locks

1. Arm Locks from Standing (5)
2. Arm Locks on the Ground (15)

Wrist Locks

3. Side from Grab
4. With Throw
5. Palm up from Grab
6. Palm from Push
7. Side with Elbow
8. From Wrist Grab

Full Black (Level 3)

Kicks

1. Front Thrust
2. Snap
3. Round House
4. Side
5. Back
6. Defences to Kicks

Kata of Blocks and Strikes

7. Full Kata

Free Style

8. Randori
9. Kumite
10. Ne Waza (Ground Fighting)

Set of Random Attacks

11. Defence against two or more attackers
12. Knife Defence (6)