



Orange Belt Junior

White Orange Stripe (Level 1)

Break Falls

1. Rolling
2. Back
3. Front
4. Side
5. Foreflap

Escape and Defences

6. Front Strangle
7. Back Strangle
8. Ground Strangle

Throws

9. Hip Throw
10. Body Drop

Orange White Stripe (Level 2)

Locks

1. Arm Locks from Standing (4)
2. Arm Lock on the Ground (2)

Wrist Lock

3. Side

Full Orange (Level 3)

Kicks

1. Front Thrust
2. Snap

Kata of Blocks

3. First Five Blocks

Kata of Strikes

4. First Three Strikes