

Junior White Belt Syllabus

- 1. Mat Etiquette**
- 2. Blocking Kata**
- 3. Blocking Kata**
- 4. Side Breakfalls**
- 5. Front Breakfall**
- 6. Rolling Breakfall**
- 7. Back Breakfall**
- 8. Breaking a Front Strangle (2)**
- 9. Breaking a Back Strangle**
- 10. Front Kicks**
- 11. Side Kicks**
- 12. Scissor Kicks**

Junior Yellow Belt Syllabus

- 1. Horse Stance Kata**
- 2. X Block, Knee/Kick and Elbow**
- 3. Cross Block, Back Fist, Knee & Kick**
- 4. Hip Throw with Cross Over Arm Lock**
- 5. Defence Against Kicks to the Head whilst on the Ground**
- 6. Ground Strangles (3)**
- 7. Demonstrate tying of an Obi**

Junior Orange Belt Syllabus

- 1. Body Drop**
- 2. Half Shoulder**
- 3. Leg Throw With Lock**
- 4. Dropping Version of a Full Shoulder**
- 5. Back Hammer Lock**
- 6. Rice Bale**
- 7. Cross Hock**
- 8. Inside Hock**
- 9. Hold Down Double Arm Lock**

Junior Green Belt Syllabus

- 1. Crab Claw Scissors**
- 2. Recumbent Ankle Throw**
- 3. Stamp Throw**
- 4. Defence Against a Bear Hug (2)**
- 5. Escape from Hair Grabs: Front & Back**
- 6. Shoulder Arm Lock**
- 7. Variation On Shoulder Throws (2)**
- 8. Escape from Full and Half Nelsons**
- 9. Front Scissors Throw**

Junior Blue and White Belt Syllabus

- 1. Loin or Hip Wheel**
- 2. Variations on Holding Down Kata**
- 3. Scissors and Naked Choke Hold**
- 4. Spring Hip Throw**
- 5. Three Escapes from Head Chancery**
- 6. Kicks – Pad Work**
 - Left and Right Roundhouse Kicks**
 - Left and Right Front Snap Kicks**
- 7. Five Back Kicks: Right Leg Only**
- 8. Right Front Kick followed by Left Roundhouse**
- 9. Left Punch followed by Elbow Strike Kata**
- 10. Left and Right Punch followed by Right Roundhouse**

Junior Blue Belt Syllabus

1. Dropping Version of a Body Drop
2. Front Scooping Throw
3. Rear Scooping Throw
4. Roundhouse Kick whilst Walking
5. Sleeper Hold from a Head Chancery: Left and Right Sides
6. Outside Forearm Block followed by Elbow to Ribs following:
 - Left punch
 - Right punch
7. Sweeping Loin:
 - Attacking
 - Defending
8. Downward Inside Forearm Block followed by Punch:
 - Left
 - Right

Junior Purple Belt Syllabus

- 1. Valley Drop Throw**
- 2. Counter to Straight Arm Lock**
- 3. Counter to Back Arm and Collar Hold**
- 4. Counter to Bar Choke**
- 5. Roundhouse Kick to Kidneys**
- 6. Upward Rising Block**
- 7. Upward Inside forearm block**
- 8. Downward Inside forearm block attacking with punch**
- 9. Head, Hip and Knee Throw**
- 10. Front Kick followed by Side Kick**
- 11. Side Thrust Kick (left & right)**
- 12. Front Snap Kick (left and right)**
- 13. Wedge Block**
- 14. Knee Wheel**

Junior Brown and White Belt Syllabus

- 1. Arm and Shoulder Throw with Wrist and Shoulder Lock**
- 2. Outer Hook Throw**
- 3. Shoulder Dislocation Kata**
- 4. Left Upward Block with Knife Hand to Neck**
- 5. Roundhouse Kick to solar Plexus (left and right)**
- 6. Side Kick to Kneecap using Heel (left and right)**
- 7. Upward Kick to Kneecap using Heel (left and right)**
- 8. Cross Ankle Throw**
- 9. Roundhouse Kick from the Ground to Lower Body**
- 10. Side Thrust Kick to back of the Knee from the ground**
- 11. Side Snap Kicks (left and right)**
- 12. Side Thrust Kick to Kneecap followed by Roundhouse to Ribs**
- 13. Several Ways of Throwing your Opponent from Behind**
- 14. Variations on Leg Sweeps (Ankle, Knee and Loin)**
- 15. Attacking the Back of the Legs (Kata)**
- 16. Knife Hand to Neck, Kick to Solar Plexus, delivered to two different Opponents.**

Junior Brown Belt Syllabus

- 1. Outer Wind**
- 2. Inner Wind**
- 3. Rolling Ankle Throw**
- 4. Rear Throw**
- 5. Leg Wheel**
- 6. Outer Wheel**
- 7. Shoulder Wheel**
- 8. Dropping Version of Reverse Body Drop**
- 9. Shoulder Crash**
- 10. Five One Handed Throws**
- 11. Action Against 2 or more Attackers**
- 12. Back Kick/Throw When Held by Both Wrists from Behind**
- 13. Three Blocks using the same Blocking Arm**
- 14. Palm Heel Strikes to Chin (Kata)**

Junior Black Belt 1st dan (Shodan) Syllabus

1. 15 Straight Throws

**Hip Throw
Half Shoulder
Leg Throw
Stamp Throw
Inside Hock**

**Cross Hock
Rice Bale
Body Drop
Valley Drop
Rear Throw**

**Spring Hip Throw
Head, Hip and Knee
Dropping Version of a Body Drop
Lapel and Shoulder Throw
Front Scissors Throw**

2. Seven Combination Throws

Hip Throw to Stamp Throw

Hip Throw to Leg Throw with Lock

Shoulder Wheel to Reclining Leg Throw

Body Drop to Front Scissors Throw

Half Shoulder to Rice Bale

Inside Hock to Lapel Throw

Cross Hock to Rear Throw

3. X Block with Knee to Groin followed by Elbow to Head

4. Left and Right Upward Block to Throw

5. Use of the Palm Heel

Left Cross Strike

Right Cross Strike

Upward Strike

Combination Strike

Right and Left Block followed by Double Upward Strike

6. Use of the Elbow

Cross Strike e.g. from Inside Block

Upward Strike e.g. from Inside Block

Back Strike e.g. From Outside Block

Downward Strike e.g. from a Downward Blow

Combination Strike e.g Body, body and Face

7. Use of the Bottom Fist

Strike to Collar Bone

Strike to Nose

Strike to Temple

Strike to back of Head

Combination Strikes e.g. Collar Bone or Temple

8. Use of Knife Hand

Single Strikes

Combination Strikes

9. Using Inside Cross Block in Conjunction with a Throw

e.g. Cross Block followed by Body Drop

10. Defence against Kicks

Defences against a Front Kick (4)

Defence against a Roundhouse Kick

Defence against a Back Kick

Defence against a Side Kick

11. Katas

First Basic Blocking Kata

Kicking Kata demonstrated left and right

Basic Four Block Kata

12. Revision

13. General Anatomy

Student to undertake written test at the gradings