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**Grading and Training Syllabus**

**Juniors**



 **Name:**

**Yellow Belt**

**8th Kyu**

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# Break Falls

(A) Rolling
(B) Back
(C) Front
(D) Side

(E) Foreflap

Escapes and Defences

Breaking Front Strangle
Breaking Back Strangle

Throws

Hip Throw

Locks

Shoulder Lock

Arm Lock

Kicks

Front Thrust Kick

Blocks

Kata of Blocks (3)

**Groundwork techniques (3 holding positions)**

1. Guard
2. Full Mount
3. Side Mount

Dojo Etiquette

Club Safety

**7th Kyu**

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# Break Falls

(A) Rolling
(B) Back
(C) Front
(D) Side

(E) Foreflap

Escapes and Defences

Breaking Front Strangle
Breaking Back Strangle

Ground Strangle

###### **Throws**

Hip Throw

Body Drop

###### **Locks**

Shoulder Locks (2)

Arm Locks (2)

**Wrist Locks**

Wrist Lock on the Side

###### **Kicks**

Front Thrust Kick

Front Snap Kick

Blocks and Strikes

Kata of Blocks (5)

Kata of Strikes (3)

**Groundwork Techniques**

Arm lock from Side mount

Arm lock from Full mount

**6th Kyu**

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# Break Falls

(A) Rolling
(B) Back
(C) Front
(D) Side

(E) Foreflap

Escapes and Defences

Breaking Front Strangle
Breaking Back Strangle

Ground Strangles (2)

Hair Grab

###### **Throws**

Hip Throw

Body Drop

Half Shoulder

Sweeping Loin

Locks

Shoulder Locks (3)

Arm Locks (3)

Wrist Locks

Wrist Lock on the Side

Wrist Lock with Throw

Kicks

Front Thrust Kick

Front Snap Kick

Round House Kick

Blocks and Strikes

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

**5th Kyu**

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# Break Falls

(A) Rolling
(B) Back
(C) Front
(D) Side

(E) Foreflap

Escapes and Defences

Breaking Front and Back Strangles
Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front

###### **Throws**

Hip Throw

Body Drop

Half Shoulder

Sweeping Loin

Front Scissors

Outside Hock

Locks

Shoulder Locks (3)

Arm Locks (5)

###### **Wrist Locks**

Side with Grab

With Throw

Palm Up with Grab

###### **Kicks**

Front Thrust Kick & Front Snap Kick

Round House Kick

Side

Blocks and Strikes

Kata of Blocks and Strikes (3)

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Randori & Kumite

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**4th Kyu**

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# Break Falls

Rolling & Back
Front, Side & Foreflap

Escapes and Defences

Breaking Front Strangle & Breaking Back Strangle

Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front / Rear (4)

Kick to Head

###### **Throws**

Hip Throw

Body Drop

Half Shoulder

Sweeping Loin

Front Scissors

Outside Hock

Dropping Full Shoulder

Locks

Shoulder Locks (3)

Arm Locks (7)

###### **Wrist Locks**

Side with Grab

With Throw

Palm Up with Grab

Palm from Push

###### **Kicks**

Front Thrust Kick & Front Snap Kick

Round House Kick & Side

Back

**Blocks and Strikes**

Kata of Blocks and Strikes All

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Escape from Full mount into Guard

Randori & Kumite

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**3rd Kyu**

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# Break Falls

Rolling & Back
Front, Side & Foreflap

Escapes and Defences

Breaking Front & Back Strangle

Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front / Rear (4)

Kicks to Head (2)

Double Lapel Grab

###### **Throws**

Hip Throw & Body Drop

Half Shoulder & Sweeping Loin

Front Scissors & Outside Hock

Dropping Full Shoulder & Full Shoulder

Locks

Shoulder Locks (3)

Arm Locks (8)

###### **Wrist Locks**

Side with Grab

With Throw

Palm Up with Grab

Palm from Push

Side with Elbow

###### **Kicks**

Front Thrust Kick & Front Snap Kick

Round House Kick, Side & Back

Defences to Kicks

Blocks and Strikes

Kata of Blocks and Strikes All

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

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Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Escape from Full mount into Guard

Arm lock from Guard

Randori & Kumite

**2nd Kyu**

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# Break Falls

Rolling & Back
Front, Side & Foreflap

Escapes and Defences

Breaking Front Strangle & Breaking Back Strangle

Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front / Rear (4)

Kicks to Head (2)

Double Lapel Grab

Arm Bar from Behind

###### **Throws**

Hip Throw & Body Drop

Half Shoulder & Sweeping Loin

Front Scissors & Outside Hock

Dropping Full Shoulder & Full Shoulder

Valley Drop & Head Hip Knee

Locks

Shoulder Locks (3)

Arm Locks (10)

###### **Wrist Locks**

Side with Grab & With Throw

Palm Up with Grab & Palm from Push

Side with Elbow & From Wrist Grab

###### **Kicks**

Front Thrust Kick & Front Snap Kick

Round House Kick, Side & Back

Defences to Kicks

Blocks and Strikes

Kata of Blocks and Strikes All

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

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Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Escape from Full mount into Guard

Arm lock from Guard

Knee on Stomach

Randori & Kumite

**1st Kyu**

B
R
O
W
N

# Break Falls

Rolling & Back
Front, Side & Foreflap

Escapes and Defences

Breaking Front Strangle & Breaking Back Strangle

Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front / Rear (4)

Kicks to Head (2)

Double Lapel Grab

Arm Bar from Behind

Escape from Head Chancery Front / Rear

###### **Throws**

Hip Throw & Body Drop

Half Shoulder & Sweeping Loin

Front Scissors & Outside Hock

Dropping Full Shoulder & Full Shoulder

Valley Drop, Head Hip Knee & Stamp Throw

Locks

Shoulder Locks (3)

Arm Locks (12)

###### **Wrist Locks**

Side with Grab & With Throw

Palm Up with Grab & Palm from Push

Side with Elbow & From Wrist Grab

###### **Kicks**

Front Thrust Kick & Front Snap Kick

Round House Kick, Side & Back

Defences to Kicks

Kata of Blocks and Strikes All

Kata of Blocks All

Kata of Strikes All

**Groundwork Techniques**

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Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Escape from Full mount into Guard

Arm lock from Guard

Knee on Stomach into Arm lock

Randori & Kumite

**1st Dan**

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# Break Falls

Rolling, Back, Front, Side & Foreflap

Escapes and Defences

Breaking Front Strangle & Breaking Back Strangle

Ground Strangles (2)

Hair Grabs (2)

Pinned / Unpinned from the Front / Rear (4)

Kicks to Head (2)

Double Lapel Grab & Arm Bar from Behind

Escape from Head Chancery Front / Rear (2)

###### **Throws**

Hip Throw, Body Drop, Half Shoulder & Sweeping Loin

Front Scissors & Outside Hock

Dropping Full Shoulder & Full Shoulder

Valley Drop & Head Hip Knee

Stamp Throw, Stomach Throw & Outer Wheel

Locks

Shoulder Locks (3)

Arm Locks (15)

###### **Wrist Locks**

Side with Grab, With Throw & Palm up with Grab

Palm from Push, Side with Elbow & From Wrist Grab

###### **Kicks**

Front Thrust, Front Snap Kick, Round House Kick, Side & Back

Defences to Kicks

Kata of Blocks and Strikes All

Kata of Blocks All

Kata of Strikes All

Randori & Kumite

Set of Random Attacks - Defence against two or more attackers

Knife Defences (3)

**Groundwork Techniques**

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Arm lock from Side mount

Arm lock from Full mount

Escape from Guard into Full mount

Escape from Side mount into Guard

Escape from Full mount into Guard

Arm lock from Guard

Knee on Stomach into Arm lock