

WHITE BELTS for **YELLOW BELTS JUNIOR**

	NO	TECHNIQUE	QTY
BREAKFALLS		BREAKFALLS	
	1	<i>Rolling</i>	
	2	<i>Back</i>	
	3	<i>Front</i>	
	4	<i>Side</i>	
	5	<i>Foreflap</i>	
ESCAPES & DEFENCES	4	FRONT STRANGLE	X1
	5	BACK STRANGLE	X1
THROWS	6	HIP THROW	X1
LOCKS		STANDING ARM LOCKS	
	7	<i>Standing Arm Bar</i>	
BLOCKS	8	SWAN	
	9	INSIDE FOREARM	

ALL THE FOLLOWING MUST BE PERFORMED "GLOVED UP"

STRIKES PERFORMED WITH GLOVES	12	JAB	
	13	CROSS	
KICKS PERFORMED AGAINST KICK SHIELDS	14	FRONT	
	15	ROUNDHOUSE	
TOTAL	15		

UP TO 6/15 = WHITE BELT YELLOW STRIPE
7/11 - 12/15 = YELLOW BELT WHITE STRIPE
13/15-15/15 = PASS TO FULL YELLOW