

YELLOW BELTS for **ORANGE BELTS JUNIOR**

	NO	TECHNIQUE	QTY
BREAKFALLS	1	BREAKFALLS	X5
ESCAPES & DEFENCES	2	FRONT STRANGLE	X1
	3	BACK STRANGLE	X1
	4	GROUND STRANGLE	X1
THROWS	5	HIP THROW	X1
	6	BODY DROP	X1
LOCKS		STANDING ARM LOCKS	
	7	<i>1) Standing Arm Bar</i>	
	8	<i>2) Standing Goose Neck</i>	
WRIST LOCKS	9	SIDE FROM GRAB	X1
BLOCKS	10	SWAN	
	11	INSIDE FORARM	
	12	DOUBLE	

ALL THE FOLLOWING MUST BE PERFORMED "GLOVED UP"

STRIKES WITH GLOVES	13	JAB	
	14	CROSS	
	15	UPPERCUT	
KICKS	16	FRONT	
	17	ROUNDHOUSE	
	18	SIDE	
TOUCH SPARRING	19		
TOTAL	19		

UP TO 9/19 = WHITE BELT ORANGE STRIPE
10/19 - 16/19 ORANGE BELT WHITE STRIPE
17/19 - 19/19 PASS TO FULL ORANGE