

## ORANGE BELTS for RED 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
	7	HALF SHOULDER	X1
LOCKS		STANDING ARM LOCKS	
	8	1) Standing Arm Bar	
	9	2) Standing Goose Neck	
	10	3) Windmill lock	
		ARM LOCKS ON THE GROUND	
	11	1) Under Arm Shoulder Lock	
	WRIST LOCKS	12	SIDE FROM GRAB
	13	WRIST LOCK WITH THROW	X1
BLOCKS	14	SWAN	
	15	INSIDE FOREARM	
	16	DOUBLE	
	17	ELBOW HIGH	

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ALL THE FOLLOWING MUST BE PERFORMED "GLOVED UP"

STRIKES WITH GLOVES	18	JAB	
	19	CROSS	
	20	UPPERCUT	
	21	ELBOW	
KICKS	22	FRONT	
	23	ROUNDHOUSE	
	24	SIDE	
	25	SNAP	
TOUCH SPARRING	26		
TOTAL	26		

UP TO 15/26 = WHITE BELT GREEN STRIPE  
16/26 - 22/26 = GREEN BELT WHITE STRIPE  
23/25 - 26/26 = PASS TO FULL GREEN