

## RED BELTS for GREEN BELTS JUNIOR

	NO	TECHNIQUE	QTY
<b>BREAKFALLS</b>	1	<b>BREAKFALLS</b>	<b>X5</b>
<b>ESCAPES &amp; DEFENCES</b>	2	<b>FRONT STRANGLE</b>	<b>X1</b>
	3	<b>BACK STRANGLE</b>	<b>X1</b>
	4	<b>GROUND STRANGLE</b>	<b>X1</b>
	5	<b>HAIR GRAB REAR</b>	<b>X1</b>
	6	<b>PINNED FRONT</b>	<b>X1</b>
	7	<b>UNPINNED FRONT</b>	<b>X1</b>
<b>THROWS</b>	8	<b>HIP THROW</b>	<b>X1</b>
	9	<b>BODY DROP</b>	<b>X1</b>
	10	<b>HALF SHOULDER</b>	<b>X1</b>
	11	<b>FRONT SCISSORS</b>	<b>X1</b>
<b>LOCKS</b>		<b>STANDING ARM LOCKS</b>	
	12	1) Standing Arm Bar	
	13	2) Standing Goose Neck	
	14	3) Windmill lock	
	15	4) Figure 4 lock	
		<b>ARM LOCKS ON THE GROUND</b>	
	16	1) Under Arm Shoulder Lock	
	17	2) Kneeling Prayer Lock	
<b>WRIST LOCKS</b>	18	<b>SIDE FROM GRAB</b>	<b>X1</b>
	19	<b>WRIST LOCK WITH THROW</b>	<b>X1</b>
	20	<b>PALM UP FROM GRAB</b>	<b>X1</b>
<b>BLOCKS</b>	21	<b>SWAN</b>	
	22	<b>INSIDE FOREARM</b>	
	23	<b>DOUBLE</b>	
	24	<b>ELBOW HIGH</b>	
	25	<b>OUTSIDE PALM HEEL</b>	

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ALL THE FOLLOWING MUST BE PERFORMED "GLOVED UP"

STRIKES WITH GLOVES	26	JAB	
	27	CROSS	
	28	UPPERCUT	
	29	ELBOW	
	30	HOOK	
KICKS	31	FRONT	
	32	ROUNDHOUSE	
	33	SIDE	
	34	SNAP	
	35	KNEE	
KUMITE	36		
SPIRIT AND AWARENESS	37		
TOTAL	37		

UP TO 18/37 = WHITE BELT GREEN STRIPE  
19/37 - 33/37 = GREEN BELT WHITE STRIPE  
34/37 - 37/37 = PASS TO FULL GREEN