

GREEN BELTS for BLUE BELTS JUNIOR

	NO	TECHNIQUE	QTY
BREAKFALLS	1	BREAKFALLS	X5
ESCAPES & DEFENCES	2	FRONT STRANGLE	X1
	3	BACK STRANGLE	X1
	4	GROUND STRANGLE	X1
	5	HAIR GRAB REAR	X1
	6	HAIR GRAB FRONT	X1
	7	PINNED / UNPINNED FRONT	X2
	8	PINED / UNPINNED REAR	X2
THROWS	9	HIP THROW	X1
	10	BODY DROP	X1
	11	HALF SHOULDER	X1
	12	FRONT SCISSORS	X1
	13	OUTSIDE HOCK	X1
	14	DROPPING FULL SHOULDER	X1
LOCKS		STANDING ARM LOCKS	
	15	1) Standing Arm Bar	
	16	2) Standing Goose Neck	
	17	3) Windmill lock	
	18	4) Figure 4 lock	
		ARM LOCKS ON THE GROUND	
	19	1) Under Arm shoulder Lock	
	20	2) Kneeling Prayer Lock	
	21	3) Foot Behind Head Lock	
	22	4) Knee / Shoulder Pin	
WRIST LOCKS	23	SIDE FROM GRAB	X1

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	24	WRIST LOCK WITH THROW	X1
	25	PALM UP FROM GRAB	X1
	26	PALM FROM PUSH	X1
BLOCKING	27	SWAN	X4
	28	INSIDE FOREARM	
	29	DOUBLE	
	30	ELBOW HIGH	
	31	OUTSIDE PALM HEEL	
	32	RISING BLOCK	

ALL THE FOLLOWING MUST BE PERFORMED "GLOVED UP"

STRIKES WITH GLOVES	33	COMBINATIONS OF ALL STRIKES LEARNT	
KICKS	34	FRONT	
	35	ROUNDHOUSE	
	36	SIDE	
	37	SNAP	
	38	KNEE	
	39	BACK	
KUMITE	40		
RANDORI	41		
SPIRIT AND AWARENESS	42		
TOTAL	42		

UP TO 15/42 = WHITE BELT BLUE STRIPE
 25/42 - 36/42 = BLUE BELT WHITE STRIPE
 37/42 - 42/42 = PASS TO FULL BLUE