

BROWN BELTS for BLACK BELTS JUNIOR

KICKS	1	ALL KICKS	
STRIKES WITH GLOVES	2	COMBINATIONS INC KICKS	

	NO	TECHNIQUE	QTY
BREAKFALLS	3	BREAKFALLS	X5
ESCAPES & DEFENCES	4	FRONT STRANGLE	X2
	5	BACK STRANGLE	X2
	6	GROUND STRANGLE	X2
	7	HAIR GRABS	X2
	8	PINNED UNPINNED FRONT/REAR	X4
	9	KICKS TO THE HEAD	X2
	10	DOUBLE LAPEL GRAB	X1
	11	HEAD CHANCERY FRONT	X2
	12	HEAD CHANCERY REAR	X2
GRADING NO 1			
THROWS	13	HIP THROW	X1
	14	BODY DROP	X1
	15	HALF SHOULDER	X1
	16	SWEEPING LOIN	X1
	17	FRONT SCISSORS	X1
	18	OUTSIDE HOCK	X1
	19	DROPPING FULL SHOULDER	X1
	20	RICE BALE THROW	X1
	21	VALLEY DROP	X1
	22	STAMP THROW	X1

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LOCKS	23	STANDING ARM LOCKS (INC BACK HAMMER)	X5
	24	ARM LOCKS ON THE GROUND (INC 9)ASSISTED DOUBLE CHICKEN WING 10) SHOULDER ARM & NECK LOCK)	X10
GRADING NO 2			
WRIST LOCKS	25	SIDE FROM GRAB	X1
	26	WRIST LOCK WITH THROW	X1
	27	PALM UP FROM GRAB	X1
	28	PALM FROM PUSH	X1
	29	SIDE WITH ELBOW	X1
DEFENCES AGAINST KICKS	30	FRONT	
	31	ROUNDHOUSE	
	32	SIDE	
	33	BACK	
	34	CRESENT	
	35	KNIFE DEFENSES	X6
BLOCKING	36	DEMONSTRATE ALL BLOCKS	
RANDORI	37		
KUMITE	38		
SPIRIT AND AWARENESS	39		
GRADING NO 3			
TOTAL SECTIONS	39		

GRADING NO 1 - 12/12 = BROWN BELT BLACK STRIPE
GRADING NO 2 - 24/24 = BROWN / BLACK HALF BELT
GRADING NO 3 - 39/39 = PASS TO FULL JUNIOR BLACK BELT