

Loyalty

Honour

Integrity

Respect

WHITE BELT

Front break fall.
Left & Right side breakfall.
Mat etiquette.
Hip throw.
Front kick.
Terminology, Dojo, Rei, Sensei,
Matte, Tori, Uke, Tatami, Hajime.

Criteria: Regular attendance,
Insurance, Gi, Attendance

Completed:

Date:

YELLOW STRIPE BELT

Half shoulder throw.
Three straight arm lock.
Three defences from a kick to
the head.
Three defences from ground
strangles.
Basic blocking kata.

Criteria: Membership,
Name 1 virtues of the Samurai.

Completed:

Date:

BLUE STRIPE BELT

Inner wind throw.
Basic blocks with finishes.
Escape from head chancery.
Break front strangles x 3.
Six techniques' from previous
syllabus.
Three ground control hold downs

Criteria: Membership,
Name 2 virtues of the Samurai.

Completed:

Date:

PURPLE STRIPE BELT

Standing defence against
Kicks X 3.
Knee wheel throw.
Show the use of the Elbow.
bottom fist, Palm heel.
Basic block kata & yellow belt kata.
Demonstrate one Weapon kata.

Criteria: Regular attendance,
Name 3 virtues of the Samurai.

Completed:

Date:

ORANGE STRIPE BELT

Leg throw with lock.
Demonstrate three blocks with
finishes.
Three straight arm locks.
Three defences from strangles
from the front.
Basic blocking kata .

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 4 virtues of the Samurai.

Completed:

Date:

GREEN STRIPE BELT

Rice bale throw.
Escape from bear hugs over
and under the arms.
Defences from strangles from
the rear.
Three wrist lock from a push.
Basic blocking & Yellow belt kata.

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 5 virtues of the Samurai.

Completed:

Date:

BROWN STRIPE BELT

Counter to back arm & collar
holds X 3.
Demonstrate front & side kicks.
Wedge block from lapel grab,
Basic holding and locking
techniques' X 3.
Basic blocking kata.

Criteria: Name 6 virtues of the
Samurai.
Yellow belt kata.
Name 6 virtues of the Samurai.

Completed:

Date:

BLACK STRIPE BELT

Stamp throw.
Defence from grabs from the
rear x 3.
Various kicks from attacks X 3.
Body drop throw.
Shoulder lock control.
Yellow belt kata.

Criteria: Name 7 virtues of the
Samurai.
Display best techniques' & explain
and demonstrate to the class.

Completed:

Date: