

**WHITE BELT**

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

Completed:

Date:

**YELLOW STRIPE BELT**

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

**Criteria:** Membership,  
 Insurance, Gi & club badge.

Completed:

Date:

**BLUE STRIPE BELT**

Inner wind throw.  
 Basic blocks with finishes.  
 Escape from head chancery.  
 Break front strangles x 6.  
 Six techniques' from previous  
 syllabus.  
 Four ground control hold downs

**Criteria:** Membership,  
 Insurance, Gi & club badge.

Completed:

Date:

**PURPLE STRIPE BELT**

Standing defence against  
 Kicks X 6.  
 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 4 virtues of the Samurai.

Completed:

Date:

**ORANGE STRIPE BELT**

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

**Criteria:** Membership,  
 Insurance, Gi & club badge.  
 Regular attendance.

Completed:

Date:

**GREEN STRIPE BELT**

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

**Criteria:** Membership,  
 Insurance, Gi & club badge.  
 Regular attendance.

Completed:

Date:

**BROWN STRIPE BELT**

Counter to back arm & collar  
 holds X 4.  
 Demonstrate front & side kicks.  
 Wedge block from lapel grab,  
 Basic holding and locking  
 techniques' X 6.  
 Basic blocking kata.

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

Completed:

Date:

**BLACK STRIPE BELT**

Stamp throw.  
 Defence from grabs from the  
 rear.  
 Various kicks from attacks X 6.  
 Body drop throw.  
 Shoulder lock control.  
 Yellow belt kata.

**Criteria:** Name 8 virtues of the  
 Samurai.  
 Display best techniques' & explain  
 and demonstrate to the class.

Completed:

Date: