

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,
 Name 2 virtues of the Samurai.

Completed:

Date:

YELLOW STRIPE BELT

Half shoulder throw.
 Two straight arm lock.
 Two defences from a kick to
 the head.
 Two 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.
 Four tecniques from previous
 syllabus.
 Four ground control hold downs.

Criteria: Membership,
 Insurance, Gi & club badge.

Completed:

Date:

PURPLE STRIPE BELT

Standing defence against
 Kicks X 2.
 Knee wheel throw.
 Show the use of the Elbow.
 bottom fist, Back fist & Palm heel.
 Basic block kata.
 Yellow belt kata.

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

Completed:

Date:

ORANGE STRIPE BELT

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

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

Completed:

Date:

GREEN STRIPE BELT

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

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

Completed:

Date:

BROWN STRIPE BELT

Counter to back arm & collar
 holds X 2.
 Deomstrate front & side kicks.
 Wedge block from lapel grab,
 Basic holding and locking
 tecniques X 2.
 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 x 2.
 Various kicks from attacks X 2.
 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: