



Red Belt Junior

White Red Stripe (Level 1)

Break Falls

1. Rolling
2. Back
3. Front
4. Side
5. Foreflap

Escape and Defences

6. Front and Back Strangle (2)
7. Ground Strangle (2)
8. Hair Grab (1)

Throws

9. Hip Throw
10. Body Drop
11. Half Shoulder
12. Sweeping Loin

Red White Stripe (Level 2)

Locks

1. Arm Locks Standing (5)
2. Arm Locks on the Ground (3)

Wrist Locks

3. Side
4. With Throw

Full Red (Level 3)

Kicks

1. Front Thrust
2. Snap
3. Round House

Kata of Blocks

4. All Blocks

Kata of Strikes

5. All Strikes