



# Blue Belt Junior

## White Blue 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 Grabs (2)
9. Pinned and Unpinned Front/Behind (4)
10. Kick to Head (1)

### Throws

11. Hip Throw  
Body Drop
12. Half Shoulder  
Sweeping Loin
13. Front Scissors  
Outside Hock
14. Dropping Full Shoulder

## Blue White Stripe (Level 2)

### Locks

1. Arm Locks from Standing (5)
2. Arm Locks on the Ground (7)

### Wrist Lock

3. Side from Grab
4. With Throw
5. Palm up from Grab
6. Palm from Pus**Full Red**

## Full Blue (Level 3)

### Kicks

1. Front Thrust
2. Snap
3. Round House
4. Side
5. Back

### Kata of Blocks and Strikes

6. Full Kata

### Free Style

7. Randori (Free Style Jujitsu)
8. Kumite (Kick Boxing)
9. Ne Waza (Ground Fighting)