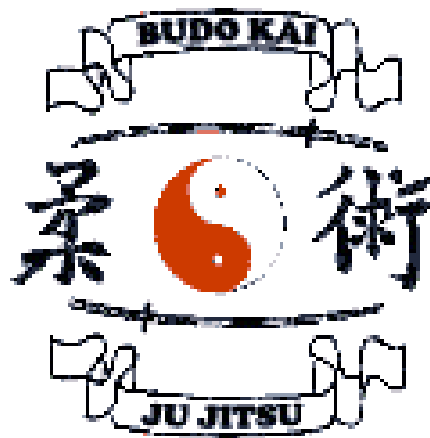


武道会柔術



BKJJA SYLLABUS

JUNIORS WHITE TO BROWN

JUNIOR WHITE BELT (7th Kyu - SHICHIKYU)

1. Demonstrate Mat Etiquette
2. Demonstrate 2 Basic Exercises.
3. Perform breakfalls (can be in kata form, but not essential)
 - a. Back Breakfall
 - b. Front Breakfall
 - c. Left Side Breakfall
 - d. Right Side Breakfall
 - e. Rolling Breakfall
4. Demonstrate Blocks (can be in kata form, but not essential)
 - a. Downward inside forearm block
 - b. Upward inside forearm block
 - c. Upward rising block
 - d. Downward 'X' block
 - e. Upward 'X' block
 - f. Cross block
5. Breaking front strangles (2 ways)
6. Breaking back strangles (2 ways)
7. Straight arm lock.
8. Shoulder lock.
9. Hip throw.
10. Recumbent ankle throw

JUNIOR YELLOW BELT (6th Kyu - ROKYU)

1. Hip Throw With Shoulder Arm Lock
2. Hip Throw With Crossover Arm Lock
3. Defence Against Kick to the Head - defender on the Ground
4. Two Arm Locks from a Standing Position
5. Shoulder Arm Lock (punch to face)
6. Two Wrist Locks
7. Wrist Throw with Lock
8. Reclining Leg Throw with Strikes
9. Elbow lock (from punch to stomach)
10. Three ways of Breaking Ground Strangles

JUNIOR ORANGE BELT (5th Kyu - GOKYU)

1. Body Drop Throw (from right and left punch to head)
2. Half Shoulder Throw
3. Leg Throw with Lock
4. Dropping Version of Full Shoulder
5. Back Hammer Lock
6. Crab Claw Scissors Throw
7. Cross Hock Throw
8. Drawing Ankle Throw
9. Inside Hock Throw
10. Stamp Throw

JUNIOR GREEN BELT (4th Kyu - YONKYU)

1. Two Methods of Escape when held over and under Arms, Front and Back
2. Knee Wheel Throw
3. Sweeping Loin Throw
4. Lapel Shoulder Throw
5. Cross block Half Shoulder Throw
6. Hold Down with Double Arm Lock
7. Rice Bale Throw
8. Escape from Full (1 way) and Half Nelson (1 way)
9. Front Scissors Throw

JUNIOR BLUE BELT (3rd Kyu - SANKYU)

1. Loin or Hip Wheel
2. Four ways to Escape from head lock
3. Variations on Holding Down (3 ways only)
4. Demonstrate Front Snap Kicks (both legs)
5. Demonstrate Side Thrust Kicks (both legs)
6. Demonstrate back kick (both legs)
7. Demonstrate roundhouse kick (both legs)
8. Scissors and Naked Choke Hold
9. Spring Hip Throw
10. Scooping Throw, back and Front
11. Indian death lock
12. Downward Inside forearm blocks
13. Outside forearm block, elbow to ribs, backfist to kidneys and neck
14. Roundhouse kick to solar plexus whilst walking (right and left)
15. Breaking Strangles and Chokes on the Ground (4 ways only)

JUNIOR PURPLE BELT (2nd Kyu - NIKYU)

1. Counter to Straight Arm Lock (2 ways)
2. Counter to Back Arm and Collar Hold (3 ways)
3. Dropping Version of Body Drop
4. Roundhouse Kick to kidneys (left and right)
5. Downward Inside Forearm Block, attacking with punch (right and left)
6. Upward Inside forearm block attacking with strikes from right and left punch to face
7. Upward rising block from right punch, change to opposite stance then left punch
8. Wedge Block
9. Front kick followed by side thrust kick
10. Roundhouse Kick followed by Back Kick
11. Variations on leg sweeps (3)
12. Left elbow strike to face and hip throw around the neck

JUNIOR BROWN BELT (1st Kyu - IKKYU)

1. Cross ankle throw
2. Leg wheel
3. Outer wheel
4. Outer hook throw
5. Dropping version of reverse body drop
6. Shoulder crash
7. Three different blocks using same blocking arm (1 way)
8. Palm heel knockout blow to chin
9. Left upward block with knife hand to neck
10. Chop to neck with kick to solar plexus and follow up, delivered to two opponents
11. Roundhouse kick to solar plexus with follow up (2)
12. Roundhouse kick from ground to lower body (knee(2), groin, abdomen)
13. Arm & shoulder throw with shoulder lock, elbow lock & wrist lock
14. Upward kick to kneecap (using heel)
15. Side kick to kneecap (using side of foot)
16. Back kick when held by both hands from behind
17. Side snap kick to kneecap followed by roundhouse kick to ribs

(Junior Brown continued on next sheet)

JUNIOR BROWN BELT (1st Kyu - IKKYU)

18. Five ways of throwing opponent from behind
19. Action against three or more attackers (4 ways only)
20. Shoulder dislocation (1) plus revision
21. One handed throws (3 ways each arm)