



GRADE 1, WHITE BELT, 6TH KYU

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| 1. 8 Basic Exercises | 9. Breaking a Front Strangle |
| 2. Front Breakfall | 10. Breaking a Rear Strangle (3) |
| 3. Back Breakfall | 11. Straight Arm Lock |
| 4. Side Breakfall | 12. Shoulder Lock |
| 5. Foreflap Breakfall | 13. Recumbent Ankle Throw |
| 6. Back Rolling Breakfall | 14. Breaking a Rear Hair Seizure |
| 7. Front Rolling Breakfall | 15. Breaking a Front Hair Seizure |
| 8. Hip Throw | |





GRADE 2, YELLOW BELT, 5TH KYU

1. Hip Throw with Shoulder Arm lock
2. Hip Throw With Cross Arm Lock
3. Defence to Kicks to The Head Whilst on The Ground
4. Arm locks From a Standing Position (3)
5. Shoulder Arm Lock
6. Wrist Locks From a Standing Position (3)
7. Reclining Leg Throw With strikes
8. Wrist Throw With Lock
9. Breaking a Ground Strangle(3)





GRADE 3, GREEN BELT, 4TH KYU

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| 1. Body Drop Throw | 11. Two Methods of Escape When Held Over & Under The Arms From The Front & Rear |
| 2. Half Shoulder Throw | 12. Stamp Throw |
| 3. Leg Throw With Lock | 13. Knee Wheel |
| 4. Dropping Version of Full Shoulder Throw | 14. Bar Choke* |
| 5. Back Hammer Lock | 15. Variations on Shoulder Throws |
| 6. Crab Claw Scissors Throw | 16. Variations on Strangle Holds* |
| 7. Attacking & Defending Sweeping Loin Throw | 17. Hold Down With Double Arm Lock |
| 8. Cross Hock Throw | 18. Rice Bale Throw |
| 9. Drawing Ankle Throw | 19. Escape From Full & Half Nelson |
| 10. Inside Hock Throw | 20. Front Scissors Throw |

*Not to be taught to under 16's





GRADE 4, BLUE BELT, 3RD KYU

1. Loin/Hip Wheel
2. Escape From a Side Head Chancery X3
3. Countermeasures Against Garrotting
4. Variations of Holding Down
5. Breaking Strangles & Chokes on the Ground
6. Dropping Version of a Body Drop
7. Scissors & Naked Choke Hold
8. Spring Hip Throw
9. Scooping Throws Front & Rear
10. Indian Death Lock
11. Downwards Inside Fore Arm Block
12. Roundhouse Kick to Solar Plexus Whilst Walking
13. Sleeper Hold From Side Head Chancery
14. Outside Forearm & Elbow to Ribs
15. Knife Attacks
16. Pressure Points (10)
17. Wrist Locks





GRADE 5, PURPLE BELT, 2ND KYU

1. Valley Drop
2. Two Counters to Straight Arm Lock
3. Three Counters to Back Arm And Collar Hold
4. 2 Counters to Bar Choke
5. Roundhouse Kick To Kidneys
6. Rising Block
7. Upwards Inside Forearm Block with Both Hands
8. Front kick Followed by Side Kick
9. Full Shoulder Throw
10. Head Hip & Knee
11. Side Thrust Kick
12. Front Snap kick
13. Wedge Block
14. Shoulder Wheel
15. Downwards Inside Forearm Block With a Punch





GRADE 6, BROWN BELT, 1ST KYU

1. Inside and Outside Winding Throws
2. Variations on Leg Throws
3. Rolling Ankle
4. Corner Throw
5. Rear Throw
6. Cross Ankle Throw
7. Leg Wheel
8. Outer Wheel
9. Actions Against 3 or More Attackers
10. Variations on Stomach Throws
11. Outer Hook Throw
12. Several Ways of Throwing an Opponent From Behind
13. 3 Shoulder Dislocations
14. Dropping Version of a Reverse Body Drop
15. Shoulder Crash
16. Palm Heel Knockout Blows to Chin
17. Left Upwards Block With Knife Hand to Neck
18. Back Kick When Held By Both Hands From Behind
19. Roundhouse Kick to Solar Plexus
20. Side Kick to The kneecap Using Heel
21. 3 Different Blocks Using the Same Blocking Arm
22. Arm & Shoulder Throw With Shoulder Lock
23. Chop to The Neck With Side Kick to Solar Plexus – 2 opponents
24. Roundhouse Kick From Ground to Lower Body
25. Side Thrust Kick to Back of Knee from the Ground
26. Side Snap Kick
27. Side Thrust kick to Kneecap Followed by Roundhouse Kick
28. One Handed Throws





1ST DAN, BLACK BELT, SHODAN

1. 25 Straight throws
2. Counters to 5 Different Throws
3. Inside Leg Sweep
4. 4 Combination Throws
5. Lunge Punch, Reverse Punch to Body and Face
6. Kata of Blocks
7. Inside Forearm Block Followed by Back Fist to Ear Then Throw
8. 5 Counters to Different Kicks
9. One Handed Throat Throw
10. X Block to Punch to Face Then Pull Opponent Onto Roundhouse Kick or Roundhouse knee Kick
11. 3 Reverse Punches to Different People
12. Left & Right Upwards Block With Throw
13. 3 punches to Body Face and Body Again
14. Palm Heel Block to Attacks From Various Moves
15. Uses of The Open Hand
16. Defence against Sparring Opponent Who Tries to Kick to The Body
17. The Elbow Used For Close Infighting
18. Uses of The Bottom Fist

