

Children's Syllabus

7th kyu

Omote hadakajimi

1st form	Red Belt	Front strangle
1.	Tenshin Shita tobo.	Heaven and earth downward escape
2	Tenshin Ueni tobo.	Heaven and earth upward escape
3	Ishioni tobo	Both together escape
4	Ude tobo uraken.	Single overarm escape with controlled backfist
5	Hidari udebari zuke hara.	Left arm rising block, punch to the stomach.
6	Karate tobo tenkan maegeri.	Empty hand escape, turn and front kick
7	Hebi tobo migi yokogeri.	Snake escape and right side kick
8		Sink body and leg throw

Kamae no kata. Postures

Ukemi

Breakfalls

Omote ukemi

Forward

Yoko ukemi

Side

Koho ukemi

Back drop

DOJO ETEQUETTE

ALWAYS BOW ON ENTERING AND LEAVING THE DOJO
AND THE TATAMI (MAT AREA)

BOW TO YOUR PARTNER BEFORE BEGINING AND AFTER TRAINING

ALWAYS ADDRESS YOUR TEACHER AS SENSEI AND BOW

DO NOT ENTER OR LEAVE THE MAT ARE WITHOUT PERMISSION FROM SENSEI.

IF YOU NEED TO ATTRACT ATTENTION, GO TO THE EDGE OF THE MAT, KNEEL AND
RAISE YOUR HAND

ALWAYS ENSURE YOUR GI IS CLEAN AND PRESSED

DO NOT WEAR SHOES OR JEWELRY ON THE MAT

REPORT ANY INJURY YOU MAY HAVE BEFORE TRAINING OR IMMEDIATELY IF IT
HAPPENS DURING TRAINING.

ALWAYS TREAT OTHER PEOPLE THE WAY YOU WISH TO BE TREATED, WITH
RESPECT.

**ALWAYS OBEY YOUR PARENTS
AND KEEP YOUR BEDROOMS TIDY**

6th Kyu

Omote hadakjimi osotogeri

2nd form

Yellow belt

Front strangle with leg sweep.

Begin this form as in the first form applying the first seven techniques, with the inclusion of leg trip take down (osoto geri) to the floor. Each technique must be completed by use of Sode osakomi. Holding the right sleeve of uke's gi

Dachi.

Stances

Uma

Horse

Neko

Cat

Tsuru

Crane

Kaeru

Frog

Hebi

Snake

Ukemi

Ushiro zempo ukemi

Backward rolling break fall

Zempo ukemi.

Forward rolling break fall

Kamae no kata.

Postures

5th Kyu.

3rd form

Orange belt

Front strangle, lapel grab with leg sweep.

Begin this form as in the first form applying the first seven techniques, with the inclusion of leg trip take down to the floor. Each technique must be completed by use of the following hold downs.

Straight arm bar, chin hold

Straight arm bar and head lock

Folded arm lock

Reverse straight arm lock

Straight arm Fig 4 lock

Straight arm push

Shoulder/wrist lock

Leg lock

4th Kyu

4th form Green belt Single lapel grab/strangle, escape and take down. Round punch to the head. Block/evade

Escapes as previous forms take down to include the following throws in no particular order

Koshi Guruma	Hip Wheel
Ogoshi	Major Hip Throw
Ippon Seonage	One armed shoulder throw
Suiki Nage	Scooping throw

Basic Nunchaku skills.

Safe handling and distance must be observed at all times.

Single hand block,
Double overhand block
Stance
Figure eight cut
Reverse cut
Downward strike

All skills must be performed left and right handed

3rd **Kyu**

Ushiro hadakajimi kubi mochi ATEMI

6th form

Purple belt

Rear Strangle and wrist grab

All defences in this form include atemi (hand strikes) Koshiguruma (hip wheel) and morote seonage (two arm shoulder throw). Escape under arm and turn inside uke.

1	Menzuki koshiguruma.	Head strike hip wheel
2	Uchi hara koshiguruma.	Strike to the stomach hip wheel
3	Shomenunchi koshiguruma.	Chop to the front of head hip wheel
4	Yokomenuchi koshiguruma.	Side chop to the head hip wheel
5	Empi uraken koshiguruma.	Elbow strike back fist hip wheel
6	Menzuki morotesoenage.	Strike to the head two hand shoulder throw
7	Uchi hara moroteseonage.	Strike to stomach two hand shoulder throw
8	Shomenuchi moroteseonage.	Chop to the head half shoulder throw

Students to show knowledge of basic anatomy for the purposes of atemi

2nd Kyu

Ushiro hadakajimi Kubi mochi GERI

5th form

Blue belt

Rear strangle and wrist grab.

All defences in this form including geri (kicks) and ogoshi (major hip throw)

Escape bringing left arm over and turning outside and exit outside the arm.

1	Maegeri ogoshi.	Front kick and hip throw
2	Yokogeri ogshi.	Side kick and hip throw
3	Mawashigeri ogoshi,.	Roundhouse kick and hip throw
4	Hokkugeri ogoshi.	Hook kick and hip throw
5	Mawashi hitsuigeri ogoshi.	Stomach knee strike and hip throw
6	Maegeri ippon seonage.	Front kick and one arm shoulder throw
7	Yokogeri ippon seonage.	Side kick and one arm shoulder throw
8	Mawashigeri ippon seonage.	Roundhouse kick and one arm shoulder throw

1ST Kyu

BROWN BELT

Students must demonstrate ten techniques with competence for each of the following attacks

7th form	Shomenuchi.	Chop to the head.
8th form	Ni mawashi zukimen.	Two roundhouse punches to the Head

Students must take part in three forms of randori. Grappling, Judo, Kick boxing

Shodan Ho

BLACK BELT

Students must demonstrate ten techniques with competence for each of the following attacks.

9th form	Maesgeri (hara).	Front kick to the stomach
10th form	Mowashigeri (Futomomo)	Roundhouse kick to the thigh

Students must take part in randori.