

Junior Belt

This is the main structure for our young students. There will be a small exam to sit. This get the children used to learning a syllabus and sitting an exam which makes moving on to Kyu grades less daunting for the children.

Yellow – Green Belt – We are not looking for 100% perfection but we are looking for the students to have an understanding of what they are asked for on the syllabus.

Junior Yellow Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)

Renraku Waza (Combination Techniques)

1. Tobikomizuki – Gyakuzuki (snap punch to face opposite Punch to body)

Junior Orange Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)

Renraku Waza (Combination Techniques)

1. Gyakuzuki – Maegeri. (opposite punch to body with hand at side using back leg, kicking to the stomach)

Junior Green Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Tobikomizuki. (snap punch to face with front hand)
2. Gyakuzuki. (opposite punch to body with hand at side)
3. Maegeri (using back leg front kick up to centre of body)
4. Mawashigeri (using back leg kicking roundhouse to the back)

Renraku Waza (Combination Techniques)

1. Gyakuzuki – Mawashigeri. (opposite punch to body with hand at side using back leg, kicking roundhouse to the back)