

Junior Belt

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

Blue – Brown Belt – The students should now have an understanding of the skills and techniques asked of them. You should really start to see the understanding and more precision.

Junior Blue 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)
5. Uraken (using front hand striking with back of the fist to face)

Renraku Waza (Combination Techniques)

1. Gyakuzuki – Uraken. (using opposite punch to body with hand at side then using front hand striking with the back of fist to face)

Junior Purple 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)
5. Uraken (using front hand striking with back of the fist to face)
6. Surikomi Maegeri (one step with back leg then with front leg kick up centre to body)

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri - Gyakuzuki (one step front kick, opposite punch to body)

Junior Brown 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)
5. Uraken (using front hand striking with back of the fist to face)
6. Surikomi Maegeri (one step with back leg then with front leg kick up centre to body)
7. Surikomi Mawashigeri (one step with back leg then with front leg kick roundhouse to the back)

Renraku Waza (Combination Techniques)

1. Tobikomizuki – Gyakuzuki - Surikomi Mawashigeri (snap punch to the face then opposite punch to the body with hand at the side then one step with back leg then with front leg kick roundhouse to the back)