

GTJ GREEN STRIPE SYLLABUS (4TH KYU) *Revised 2015

1. **Headlock Escapes:**

- * From Front into Groin Strike & Morote Gari (Double Leg Throw)
- From Side into Hammerlock
- From Side into **Yoko Guruma & Tani Otoshi**

2. **Escapes from Garrotes:**

- From Front- Shoulder Lock
- From Front- **Koshi Guruma**
- From Rear- Fall Back and Strike
- From Rear- Pivot, Groin Strike and **Morote Gari**

3. **Various Locks and Holds:**

- Shoulder Dislocates- single and double
- Prone Shoulder and Variations
- Seated Spine Lock
- Figure Four leg Locks

4. **Breaking Ground Strangles:**

- Straight Leg and Arm Bar
- Arm and Leg Lock into Strikes

5. **Naked Choke and Finishes & Escape**

6. **Hane Goshi (Spring Hip)**

7. **Front and Rear Scoop/Belt Drop**

8. **Single Leg Takedown Variations**

9. **Half and Full Nelson Escapes**

10. **Knife Defenses:**

- **Strike to back of hand/ Elbow break into entangled wrist/ Armpit takedown/Sweep knife to groin**