

GTJ WHITE BELT SYLLABUS (7TH KYU) *Revised August 2015

1. **Basic Power Position & Movement** (8 Directions and Clockwise/Counter Clockwise).
2. **Basic Strikes:** 1-6 Punches, Front (Teep) Kick, Rear (Thrust) Kick, Swing (Roundhouse) Kick, Side Kick, Knee and Elbow Strikes.
3. **Basic Defense: Body Movement-** Slips Dips, Drops and Pulls.
4. **Basic Blocks-** Parries, Cover Blocks, Forearm Blocks, Palm Blocks/Catch Punch
5. **Break Falls (Ukemi):** Front, Side, Rear, Front Rolling, Rear Rolling, Fore flap
6. **Grips & Holds-** Gi and No Gi Controls
- Breaking Grips and Holds
7. **Ippon Seoi Nage (One Arm Shoulder Throw)**
8. **Ground Pinning and Controls-** Front Mount, Side Mount, Knee Mount, Rear Control & Guard