

GTJ BLUE BELT CHILDREN'S SYLLABUS (3RD KYU) *Revised August 2015

FIRST STRIPE

- 1. Yoko Guruma (Side Wheel) Variations**
- 2. Tani Otoshi (Valley Drop) & Yoko Otoshi (Side Drop)**
- 3. Soto Makikomi (Outside Rolling Down) with Headlock Grip**
- 4. Kata Guruma (Shoulder Wheel)**

SECOND STRIPE

- 1. Arm Bar Counters: Kosho Guruma & Sukui Nage (Scoop Throw)**
- 2. Rear Arm & Collar Counters:**
 - Koshi Guruma
 - Hair Pull & Arm Lock
 - Hammerlock

BROWN BELT

- 1. Goose-Neck Lock**
- 2. Facing Shoulder Throat Lock & Takedowns**
- 3. Full Outside Wrist lock into Come-Along**