

GTJ GREEN BELT CHILDREN'S SYLLABUS (5TH KYU) *Revised August 2015

FIRST STRIPE

1. **Front Double Overhook Escapes:** Ogoshi & Ouchi Gari
2. **Front Double Underhook Escapes:** Head Turn & Belt Pull
3. **Rear Double Overhook Escapes:** Ogoshi & Sukui Nage (Scoop Throw)
4. **Rear Double Underhook Escapes:** Kimura & Leg Pull/Knee Bar

SECOND STRIPE

1. **Dropping Tai Otoshi**
2. **Double Arm Seoi Nage**
3. **Tawara Gaeshi (Rice Bale) Throw Variations**

GREEN STRIPE

1. **Kesa Gatame Finishes: Double Arm Shoulder Lock & Neck Crank**
2. **Kosoto Gari (Minor Outer Reap)**
3. **Kouchi Gari (Minor Inner Reap)**