

GTJ GREEN STRIPE CHILDREN'S SYLLABUS (4TH KYU) *Revised August 2015

FIRST STRIPE

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. **Single Leg Takedown Variations**

SECOND STRIPE

1. **Hane Goshi (Spring Hip)**
2. **Half Nelson Escape**
3. **Full Nelson Escape**

THIRD STRIPE

1. **Prone Shoulder Pin**
2. **Single and Double Shoulder/Arm Locks (Uke in Prone Position)**
3. **Wrist Locks: Half, Full, Circular & "Z"**

BLUE BELT

1. **Figure Four Leg Locks**
2. **Breaking Ground Strangles:**
 - Arm & Leg Lock into Strikes (From Guard)
 - Straight Leg & Arm Bar (From Guard)
3. **Front & Rear Scoop/Belt Drop**
4. **Lock Variations From Leg Throw**
 - Figure 4
 - Throat Lock
 - Knee Bar