

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

FIRST STRIPE

1. **Basic Power Position & Movement** (8 Directions and Clockwise/Counterclockwise).
2. **Basic Strikes:** 1-6 Punches, Front (Teep) Kick, Rear (Thrust) Kick, Swing (Roundhouse) Kick, Side Kick, Knee and Elbow Strikes.

SECOND STRIPE

1. **Basic Defense: Body Movement** -Slips, Dips, Drops and Pulls.
2. **Basic Blocks-** Parries, Cover Blocks, Forearm Blocks, Palm Blocks/Catch Punch.
3. **Break Falls (Ukemi):** Front, Side, Rear, Front Rolling, Rear Rolling & Fore flap.

THIRD STRIPE

1. **Grips & Holds-**Gi and No Gi Controls.
2. **Breaking Grips & Holds**
3. **Ippon Seoi Nage (One Arm Shoulder Throw)**

YELLOW BELT

1. **Ground Pinning & Controls-** Front Mount, Side Mount, Knee Mount, Rear Control & Guard.