

# **GTJ YELLOW BELT CHILDREN'S SYLLABUS (6<sup>TH</sup> KYU)** \*Revised August 2015

## **FIRST STRIPE**

1. **Ogoshi** (Major Hip Throw)
2. **Koshi Guruma** (Hip Wheel)
3. Throw into **Kesa Gatame** (Scarf Hold)
4. Throw into **Arm Bar**

## **SECOND STRIPE**

1. **Defending the Head Kick** –Movement & Recumbent Ankle Takedown
2. **Standing Front Choke Defenses**
  - Hands on Clavicle
  - Windmill
3. **Standing Rear Choke Defenses**
  - Trap Arms and Strike
  - Koshi Guruma vs Straight Choke
  - Ogoshi vs “V” Choke
4. **Facing Shoulder Arm Lock**

## **THIRD STRIPE**

1. **Standing Short Arm Bar/Entangled Wrist Lock**
2. **Hair Pull Defense**
3. **Shoulder Seizure**

## **ORANGE BELT**

1. **Single Leg Takedown** (Drop to left knee)
2. **Breaking Ground Chokes**
  - Arm Bar from Guard
  - Arm Bar From Side Choke
  - Arm & Shoulder Control into Upa
  - Wedge Break
  - From Shoulder Pin