



GT JIU-JITSU JUNIOR GREEN BELT SYLLABUS (5TH KYU)

- 1. Front Double Overhook Escapes:**
 - Ogoshi & Ouchi Gari
- 2. Front Double Underhook Escapes:**
 - Belt pull
- 3. Rear Double Overhook Escapes:**
 - Ogoshi & Sukui Nage
- 4. Rear Double Underhook Escapes:**
 - Kimura & Leg pull/knee bar
- 5. Dropping Tai Otoshi**
- 6. Morote Seoi Nage Variations**
- 7. Tawara Gaeshi Throw Variations**
- 8. Kesa Gatame Finishes**
- 9. Kosoto Gari & Kouchi Gari**

***After exhibiting competency of the above techniques, you will be eligible for:
Green Stripe (4th Kyu).**