



GT JIU-JITSU JUNIOR GREEN STRIPE SYLLABUS (4TH KYU)

1. Headlock Escapes:

- From front headlock into groin strike & **Morote Gari (double leg throw)** with finish.
- From side headlock into **Hammerlock**
- From side headlock into **Yoko Guruma & Tani Otoshi**

2. Standing Single Leg Takedown into Finishes

3. Hane Goshi

4. Half Nelson Escape

5. Full Nelson Escape

6. Prone Shoulder Pin

7. Single & Double Shoulder/Arm Locks with uke in prone position

8. Wrist Locks: Half, Full, Circular & “Z”

9. Figure 4 Leg Lock Variations

10. Breaking Ground Strangles From Guard:

- **Arm & Leg Lock from back**
- **Arm & Leg Lock from side**

***After exhibiting competency of the above techniques, you will be eligible for:
Blue Belt (3rd Kyu).**