

5th Kyu (Green Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 8 arm locks

Demonstrate 8 chokes

Demonstrate 8 throws with names

Demonstrate 4 leg locks

Demonstrate 4 immobilisation holds

Demonstrate 4 wrist locks

Defences

Demonstrate 8 defences against punches

Demonstrate 2 knife defences

Demonstrate 4 defences against arm locks

Demonstrate 4 defences against grabs

Demonstrate 4 defences against chokes

Atemi Waza

Demonstrate 4 kyusho attacks

***Hand & Arm Strikes* - Oizuki, Gyakuzuki , Tobikomizuki, Uraken, Haito, Tetsui**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri, Sokuto**

***Blocks* - Shutouke, Sotouke, Uchiuke, Yammi Shutouke**

Kumite

4 rounds Katamewaza (1 minute rounds)

2 rounds Freestyle/Sport Ju Jitsu (2 minute rounds)