

8th Kyu (Red Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 2 arm locks

Demonstrate 2 chokes

Demonstrate 2 throws with names

Demonstrate 1 leg lock

Demonstrate 1 wrist lock

Defences

Demonstrate 2 defences against punches

Demonstrate 1 defence against grabs

Demonstrate 1 defence against chokes

Atemi Waza

***Hand & Arm Strikes* - Oizuki, Gyakuzuki**

***Foot & Leg Strikes* - Kingeri**

***Blocks* - Shutouke**

Kumite

1 round Katamewaza (1 minute rounds)