



RED BELT SYLLABUS

1. MAT ETIQUETTE

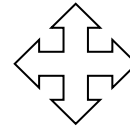
2. BREAK FALLS

FORWARD, BACKWARD, SIDE LEFT & RIGHT, FRONT

3. STANCES

NATURAL / FRONT / BACK / CAT / SNAKE / HORSE /
CRANE

4. STRIKES PUNCHING KATA



5. KICKS

FRONT SNAP, SIDE THRUST, ROUNDHOUSE, BOTH
LEGS.

6. BREAKING STRANGLES BACK

JUNIOR (2) SENIOR (3)

7. BREAKING STRANGLES FRONT

JUNIOR (2) SENIOR (3)

8. STRAIGHT ARM LOCK FROM A PUNCH TO STOMACH

9. SHOULDER ARM LOCK FROM A PUNCH TO STOMACH

10. HIP THROW FROM A PUNCH TO FACE

11. RECUMBENT ANKLE THROW BOTH SIDES

12. FORMS 1 1-10