



JUNIOR BELT (WHITE)

1. Mat Etiquette
2. Basic Questions-
 - a. Why is it important to warm up
 - b. What do you call the teacher
 - c. What is the place of training called
 - d. What does Ju Jitsu mean
3. Basic Exercises
4. Front and Back Rolls
5. First Kata of Blocks (1st 13 moves)
6. Defence Against Front Strangle (2)
7. Defence Against Back Strangle (2)
8. Straight Arm Lock (From punch to stomach)
9. Shoulder Lock (From punch to stomach)
10. Left and Right Front Snap Kicks (From Fighting Stance)
11. Left and Right Punches

Candidate must have Ronin (Sun) badge before grading

Grades are awarded by the Founder (or his or her authorised representative) and the Technical Committee of RYR.

Grades and membership will be rescinded if the student leaves the association or brings it into disrepute.

JUNIOR BELT (YELLOW)

1. Break Falls Kata
2. First Kata of Blocks (24 Moves)
3. Straight Arm Lock (Punch to Face)
4. Bent Arm Lock (Punch to Face)
5. Rising X-Block followed by Roundhouse Kick (Knee Height or above)
6. Shoulder Arm Lock (Punch to Face)
7. Three Wrist Locks (From a Push – Left or Right Hand)
8. Wrist Throw With Lock (From a Push)

9. Left and Right Front Snap Kicks to Groin and Sternum -
Followed by Two Left and One Right Punch to Face

JUNIOR

JUNIOR BELT (ORANGE)

1. First Kata of Blocks (Complete)
2. Break Fall Kata
3. Back Hammer Lock
4. When Held Under The Arms From The Rear (1 variation from syllabus)
5. When Held Under The Arms From The Front (1 variation from syllabus)
6. Defence against Hair Grab into Wrist Lock (1 Front, 1 Rear)
7. Inside Forearm Block with Single Palm Heel Strike (3 variations)
8. Inside Forearm Block with Double Palm Heel Strikes (3 Variations)
9. Front Snap Kick, Side Thrust Kick, Roundhouse Kick
10. Rising X-Block followed by Roundhouse Kick into Bent Arm Lock

Candidate must have Ronin (Samurai) Badge before grading

JUNIOR

JUNIOR BELT (GREEN)

1. Second Kata of Blocks (First 11 moves)
2. Break Falls Kata
3. Counter to Straight-Arm Lock (2)
4. Falcon Lock
5. Leg Throw with Lock
6. Three different Blocks using the same blocking arm
7. Escape From a Half Nelson
8. Two methods of Escape when held under the arms from the rear
9. Two methods of Escape when held under the arms from the Front
10. Cross Hock (Defence against Front Strangle)
11. Wedge Block with any follow-up technique
12. Front Snap Kick - Demonstrate Right Leg Only (From a Punch)
13. Side Thrust Kick - “ “ “ “
14. Roundhouse Kick - “ “ “ “
15. Demonstrate combination kicks - to higher standard
(Left front snap kick, Right side thrust kick, Left roundhouse kick)
16. Downward X-Block from a Left Punch to stomach

JUNIOR

JUNIOR BELT (BLUE)

1. Second Kata of Blocks (First 20 Moves)
2. Inside Hock
3. Three ways of escape from a Head Chancery (Left or Right)
4. Knee Wheel
5. Body Drop (Defence against Back Strangle)
6. Indian Death Lock
7. Downward Inside Forearm Block with any follow-up technique
8. Roundhouse Kick whilst walking with any follow-up technique (Kick to knee or above)
9. Outside Forearm Block and Elbow to Ribs
10. Hip Throw - With Strikes
11. Right Hand Parry followed by Roundhouse Kick into Half Shoulder
12. Two Methods of Escape when held by the wrists from the front
13. Left & Right kicks from Fighting Stance - (To higher standard)
 - a) Front Snap Kick - To groin
 - b) Side Thrust Kick - To Knee
 - c) Roundhouse Kick - Waist Height
- 14.14. Defence against Left punch to face

Candidate must have BJJA(GB) Badge

JUNIOR

JUNIOR BELT (PURPLE)

1. Second Kata of Blocks (Complete)
2. Stamp Throw
3. Counter to Back Arm and Collar Hold
4. Defence against Left or Right punch to face
5. Roundhouse Kick to Kidneys (Left Leg - with any follow-up technique)
6. Upward and Rising Block
7. Upward Inside Forearm Block
8. Downward Inside Forearm Block attacking with a punch
9. Front Snap Kick followed by a Side Kick (Any 3 combinations)
10. Inner Wind
11. Side Thrust Kick - Any technique Left/Right Leg
12. Front Snap Kick - Any technique Left/Right Leg
13. Hip Throw – Hold down with Double-Arm Lock
14. Two Methods of Escape when held by the wrists from the rear

Plus 2 moves from any of the previous syllabus at Instructor's discretion

JUNIOR

JUNIOR BELT (BROWN -1)

1. Third Kata of Blocks (First 12 moves)
2. Loin or Hip Wheel
3. Head, Hip, and Knee throw
4. Two methods of escape when held by the wrist from the front (higher standard)
5. Action against three or more attackers
6. Outer Hook Throw
7. Palm Heel Blow to chin
8. Left Upward Block with Knife Hand to Neck
9. Escapes when held over the arms from the Front
10. Escapes when held over arms from the Rear
11. Roundhouse Kick to Solar Plexus etc. delivered to two opponents
12. Side Kick to knee cap using heel (Left and Right kicks)
13. Three Different Blocks using same blocking arm
14. Attacking the back of legs
15. Outer Hook from a Left Handed Punch

Plus any 3 moves from any of the previous syllabus at Instructor's discretion

JUNIOR

JUNIOR BELT (BROWN -2)

1. Third Kata of blocks (complete)
2. Rolling Ankle Throw
3. Rear Throw
4. Variations of Leg Sweeps (Knee / Loin)
5. Roundhouse Kick from the ground to Knee, Groin and Sternum (2 opponents)
6. Side Thrust Kick to back of knee from the ground
7. Side Thrust Kick to knee followed by Roundhouse Kick to ribs – Left and Right leg)
8. Hip throws with 4 locks - At Instructor's discretion
9. Hip throws with 4 hold downs - At Instructor's discretion
10. Defence Against Left and Right Front Snap Kicks
11. Counter to Hair Grab (2 Front and 2 Rear)
12. Arm and Shoulder Throw with Shoulder Lock and Wrist Lock
13. Any defence from a Left Handed Punch – At Instructor's discretion

Plus any 3 moves from previous syllabus at Instructor's discretion

JUNIOR

JUNIOR BELT (BLACK -SHODAN)

1. 15 Straight Throws
2. Counter to - Hip Throw
 Body Drop
 Half Shoulder
 Inside Hock
3. Combinations- Hip Throw to Stamp Throw,
 Body Drop to Single Leg Scissors
 Inside Hock to Half Shoulder
 Half Shoulder to Double Ankle Shoulder Thrust
4. Any Kata of Blocks (At instructors discretion)
5. Variations on Blocks and Parries
6. Defence against Right Front Snap Kick (2)
7. Defence against Left Front Snap Kick (2)
8. Counters to Round House Kicks (2 Right and 2 Left)
9. Demonstration of Kicks. Minimum of 4 kicks right and left leg.(Set format - with Kia).
10. Bottom Fist and it's uses.
11. Elbow and it's uses.
12. Circle Work (Forward and Backwards into Blocks).
13. Demonstration of Student's Favourite Locks, Hold Downs, and Throws (4 of each)
14. Students preferred counters and combinations.

***JUNIOR BELT (BLACK -SHODAN)
BRONZE AWARD***

1. Presentation
2. Four Three Man Katas
3. Walking the Bo - All Aspects
4. First Kata - High Standard
5. Second Kata - High Standard
6. Tonfa Kata - High Standard
7. White Belt - High Standard – (Variations on defence against strangles)
8. Yellow Belt - High Standard
9. Orange Belt - High Standard – (Variations on held under the arms)
10. Group Management

Making sure that all students can see and understand the candidate
and all instruction is clear and precise.

JUNIOR

***JUNIOR BELT (BLACK -SHODAN)
SILVER AWARD***

1. Second Kata
2. Presentation
3. Four Three-Man Katas
4. Eight Cuts
5. End of Presentation
6. Green Belt - High Standard (Variations on counters to Straight Arm Lock)
7. Blue Belt - High Standard
8. Purple Belt - High Standard
9. Any item from Bronze Level
10. Group Management

Making sure that all students can see and understand the candidate and all instruction is clear and precise.



JUNIOR

***JUNIOR BELT (BLACK -SHODAN)
GOLD AWARD***

1. Presentation
2. Four Three-Man Katas
3. Eight Cuts
4. Standing Kata
5. End of Presentation

6. Brown 1 - High Standard
7. Brown 2 - High Standard
8. Third Kata
9. Multiple Attacks (5)

10. Any item from Bronze or Silver Levels
11. Group Management

Making sure that all students can see and understand the candidate and all instruction is clear and precise.



JUNIOR