

7th Kyu (Yellow Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 4 arm locks

Demonstrate 4 chokes

Demonstrate 4 throws with names

Demonstrate 2 leg locks

Demonstrate 2 wrist locks

Defences

Demonstrate 4 defences against punches

Demonstrate 2 defences against grabs

Demonstrate 2 defences against chokes

Atemi Waza

Hand & Arm Strikes - Oizuki, Gyakuzuki , Tobikomizuki, Uraken

Foot & Leg Strikes - Kingeri, Maegeri

Blocks - Shutouke, Sotouke

Kumite

2 rounds Katamewaza (1 minute rounds)