

RED BELT

NAME: _____ START DATE: _____ GRADING DATE: _____

MINIMUM 40 REGULAR CLASSES *(please get signed at each class)*

GREEN BELT + CLASSES

SERVICE: ADULTS OR CHILDRENS CLASSES

TEACHING CLASSES *(see Ben or Darren for details)*

SPARRING CLASSES *(Optional refer Note 1)*

Refer Over Page for Self Defence, Pre-Grade Test and Grade Test details.

(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)



RED BELT

Self Defence

1. Single cross wrist to completion.
2. Single wrist. Draw down to kneeling position.
3. Single wrist grab to lifting arm to hand mirror, grab over the top with other wrist, pull hand out, to arm bar.
4. Defence against left push, right haymaker - right middle block, left inside block, right elbow, right front kick, hook opponents right arm, throw into wall, (figure 4 on shoulder) step down on opponents right knee, right knee to head .
5. Defence against right lapel grab 1 -, grab behind right elbow, right palm, left side kick to hip (or turning kick to groin if opponent is side on), right knee, lapel break out. See Trainer for Grade Variations.
6. Front kick defence. Version 1 and 2
7. Turning kick defence (3 versions)
8. Side kick defence.
9. Back Kick
10. Knee Defence
11. Rear lapel grab. Inside: palm and groin shot, right upper elbow, knee, to shoulder lock, take down, elbow lock.
12. Rear lapel outside defence

Ground Defence 8

1. Defence from side headlock (from knee take down)
 - a. Position 1 to 3 with 20 submissions.

Grading.

Your grading will consist of the following. You will need to pass each section to advance to the next. Grading is on one day.

1. Technique: multiple and self defense.
2. Sparring. 6 x 3 minute rounds with out gloves with black belts or fellow candidates.(Please bring mouth, groin and shin instep protectors)
3. Board breaks. 3 attempts only.
4. Break falls. 100.

You will also need to present your filled in Northstar jujitsu sheet. In particular you will need to have completed and signed by your Dojo head (below)

PRE GRADING TEST

To be completed within 4 weeks of grading date under supervision of 3rd dan or above.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> All Multiple Defence | <input type="checkbox"/> Break Falls |
| <input type="checkbox"/> All Self Defence | <input type="checkbox"/> Board Breaks |
| <input type="checkbox"/> Ground Defence. | <input type="checkbox"/> Sparring |

GRADING APPROVED: _____ DOJO HEAD: _____ DATE: _____

