



THE JUNIOR PROGRAM	
Belt/Techniques	Belt/Techniques
Advanced White	<b>Blue</b>
Star Block Set 1	Co-ordination Set 1
Basics	Six Count Drill
Terminology & Self Defence	Staff Set 1 *Bonus Stripe - (kicking combo/sparring drills)
<b>Yellow</b>	<b>Advanced Blue</b>
Elbow Set 1	Short Form 2
Trapping Hands	Self Defence- (grab)
Yawara 1	Staff Set 1
<b>Advanced Yellow</b>	<b>Green</b>
Short Form 1	Short Form 2
12 Strikes	Self Defence (push)
Yawara 1	Tonfa 1
<b>Orange</b>	<b>Advanced Green</b>
Short Form 1	Striking Set 1
12 Defence	Self Defence (punch)
Yawara 11	Tonfa 1
<b>Advanced Orange</b>	<b>3rd Brown</b>
Finger Set 1	Long Form 2
Single Sinawali	Self Defence (kick)
Yawara 11	Nunchukas 1
<b>Purple</b>	Finger Set 2
Long Form 1	<b>2<sup>nd</sup> Brown</b>
Redunda	Long Form 2
Kali 1	Self Defence (hugs,holds)
<b>Advanced Purple</b>	Nunchukas 1
Long Form 1	Finger Set 2
Double Sinawali	<b>1<sup>st</sup> Brown</b>
Kali 1	Short Form 2
	Self Defence(locks,chokes)
	Kama 1
	Stance Set 1
	<b>Junior Black Belt Candidate</b>
	Short Form 3
	Self Defence(weapon)
	Saber 1
	Stance Set 2
	10-Count Drill