World Ju Jitsu
Federation Ireland

WHITE BELT

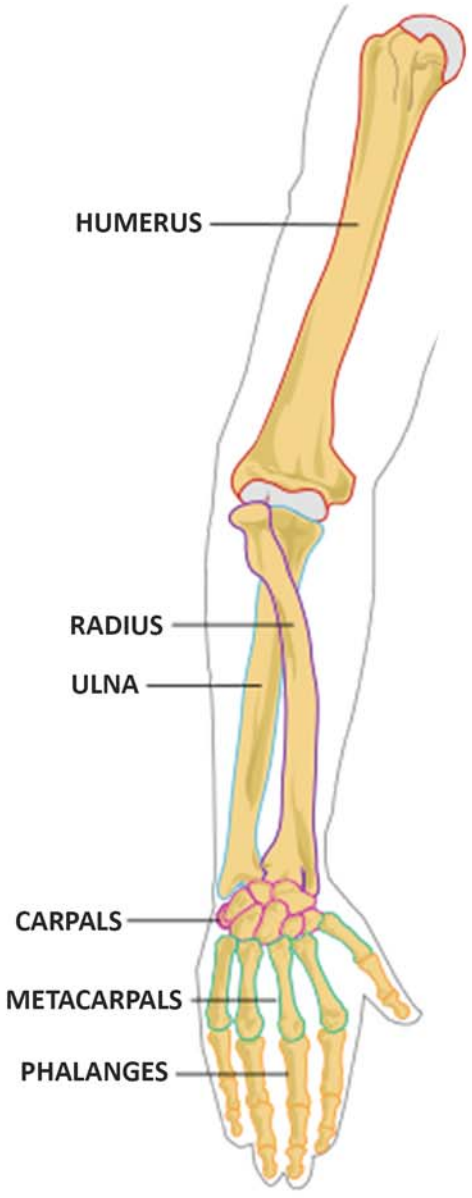
1. MAT ETIQUETTE
2. KATA (FIRST 12 NOVICE) (FULL KATA)
3. SIDE BREAKFALL
4. FRONT BREAKFALL/SIDE
5. ROLLING BREAKFALL
6. BACK BREAKFALL/BACK ROLLING
7. BREAKING FRONT STRANGLE (2) (3)
8. BREAKING BACK STRANGLE (2)
9. FRONT KICK/ JUMPING FRONT SNAP
10. SIDE KICK
11. ROUNDHOUSE KICK
12. **HIP THROW**
13. **RECUMBANT ANKLE THROW**
14. **GROUND WORK POSITIONS DONE IN KATA FORM**
15. **PAD WORK BASICS**
16. **BASIC BLOCKS (8)**

ANATOMY: BONES OF THE ARM

HUMERUS
RADIUS
ULNA
CARPALS
METACARPAL
PHALANGES

JAPANESE TERMINOLOGY

MAT – TATAMI
TEACHER – SENSEI
BELT – OBI
BOW – REI
GENTLE ART - JU-JITSU



Techniques in Bold are Senior syllabus techniques & should not be practiced by the Junior Section