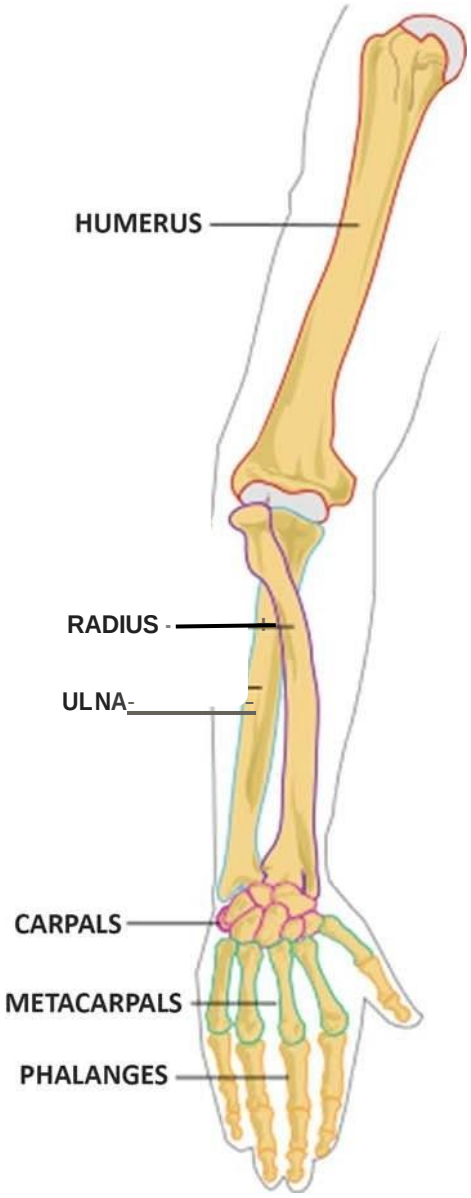
World Ju Jitsu Federation Ireland

WHITE BELT

1. MAT ETIQUETTE
2. KATA (FIRST 1 2 NOVICE) (FULL KATA)
3. SIDE BREAKFALL
4. FRONT BREAKFALL/SIDE
5. ROLLING BREAKFALL
6. BACK BREAKFALL/BACK ROLLING
7. BREAKING FRONT STRANGLE (1) (3)
8. BREAKING BACK STRANGLE (1) (3)
9. FRONT KICK/ JUM PING FRONT SNAP
10. SIDE KICK
11 . ROUNDHOUSEKICK
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
METACARPALS
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