

JUNIOR SYLLABUS – AGED (5-9)

WHITE – 1 YELLOW MON

CORE SKILLS	Ukemi Unsoku	Backward Breakfall Any 1 set
TECHNIQUE	Basic Kata	Any 1 technique
APPLICATION	N/A	

WHITE – 2 YELLOW MON

CORE SKILLS	Ukemi Unsoku	Backward Breakfall Any 2 sets
TECHNIQUE	Basic Kata	Any 2 techniques
APPLICATION	N/A	

WHITE – 3 YELLOW MON

CORE SKILLS	Ukemi Unsoku	Backward Breakfall Any 2 sets
TECHNIQUE	Basic Kata	Any 3 Techniques
APPLICATION	N/A	

WHITE – 1 ORANGE MON

CORE SKILLS	Ukemi Unsoku	Backward Breakfall, forward roll (Left or Right) Complete 3 sets
TECHNIQUE	Basic Kata	1-5 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – 2 ORANGE MON

CORE SKILLS	Ukemi	Backward Breakfall, Forward roll (Left or Right), Backward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-6 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – 3 ORANGE

CORE SKILLS	Ukemi	Backward Breakfall, Forward roll (Left or Right), Backward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-8 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

WHITE – GREEN 1

CORE SKILLS	Ukemi	Backward Breakfall, Forward roll (Left or Right), Backward roll (Left or Right)
	Unsoku	Complete 3 sets
	Tandoku-undo	Any 1 set
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack)	1-10 (Left or Right) Any 2 Techniques (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack Tanto Tsukiari attack
	Ninin dori	Shomen-ate attack

WHITE – GREEN 2

CORE SKILLS	Ukemi	Backward Breakfall, Forward roll (Left and Right), Backward roll (Left and Right)
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	Unsoku Tandoku-undo	Complete 3 sets Any 2 sets
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack)	1-11 (Left or Right) Any 3 techniques (Left or Right)
APPLICATION	Kakarigeiko Ninin dori	Shomen-ate attack Tanto Tsukiari attack Shomen-ate attack

WHITE – GREEN 3

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Forward roll (Left and Right), Backward roll (Left and Right) Complete 3 sets Any 3 set
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack)	1-12 (Left or Right) Any 4 Techniques (Left or Right)
APPLICATION	Kakarigeiko Ninin dori	Shomen-ate attack Tanto Tsukiari attack Shomen-ate attack

WHITE – BLUE 1

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Forward roll (Left and Right), Backward roll (Left and Right), Forward rolling breakfall (Left or Right) Complete 3 sets Any 4 sets
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack)	1-14 (Left or Right) 1-5 (Left or Right)
APPLICATION	Kakarigeiko Ninin dori	Shomen-ate attack Tanto Tsukiari attack Shomen-ate attack

WHITE – BLUE 2

CORE SKILLS	Ukemi Unsoku Tandoku-undo Shikko	Backward Breakfall, Forward roll (Left and Right), Backward roll (Left and Right), Forward rolling breakfall (either) Complete 3 set Complete 5 set
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack) Suwari-waza	1-14 (Left or Right) 7 Techniques, including 1-5 (Left or Right) Any 1 technique
APPLICATION	Kakarigeiko Ninin dori	Shomen-ate attack Tanto Tsukiari attack Shomen-ate attack

WHITE – BLUE 3

CORE SKILLS	Ukemi Unsoku Tandoku-undo	Backward Breakfall, Forward roll (Left and Right), Backward roll (Left and Right), Forward rolling breakfall (either) Complete 3 sets Complete 5 sets
TECHNIQUE	Basic Kata Basic Kata (Tanto Tsukiari attack) Suwari-waza	1-14 (Left or Right) 1-10 (Left or Right) Any 2 techniques
APPLICATION	Kakarigeiko Ninin dori	Shomen-ate attack Tanto tsukiari attack Shomen-ate attack