



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モートン流自修館柔術

## Junior Black Belt Grading Format

### Exercise

#### Basic element required

1. Dachi
2. Tsuki and Keri
3. Ukemi
4. Basic Steps Kata

#### Kyu techniques

5. 1<sup>st</sup> Kyu Senior Syllabus
6. 1<sup>st</sup> Kyu Sparring Techniques Syllabus

#### Boxing ML

7. Free flowing combinations of: **1 B 1.0 M**
  1. Basic foot movement (forward, backward, left, right)
  2. Basic evasive manoeuvres (block, slip, duck, side-step, ride)
8. Skills into partner held sparring mitts: **1 B 1.0 M**
  1. Basic punches (jab; straight; cross; hook; uppercut; belly rip)
  2. Basic punch combinations (any combination can be used e.g. J-C, J-J-H-U, H-U/B)
9. **Non-contact** free sparring with a partner using free flowing combinations of basic: **1 B 1.0 M**
  - 1 Foot movement
  - 2 Evasive manoeuvres
  - 3 Punches
  - 4 Punch combinations

#### Shodan judo

10. Nage waza - throwing techniques
11. Shime waza - strangulation techniques

#### Defence ML

12. Two-man attack restricted (non-competitive, Syllabus techniques only) **1 B 1.0 M**
13. Two-man attack simultaneous (controlled *anything goes attitude* based on Syllabus) **Open B 1.0 M**
14. **Contact** defence against a boxer (with one (1) submission) **Open B 1.0 M**

**Medium level ML**

**Maximum number of bouts B**

**Maximum minutes per bout M**