



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モータータ
ン流
自修館柔術

BRIDGING COURSE FROM JUNIOR LEVEL TO SENIOR LEVEL

Basic Course

1. Single Lapel Hold (No. 2 - Break)
2. Single Wrist Hold (No. 2 - Side wrist lock)
3. Front Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 1)
5. Arms Around Body from Behind Feet Together (No. 2 - Leg lift)
6. Rear Choke (No. 1)
7. Forearm Hold – Straight and Bent Arms

Orange Belt Course

1. Full Nelson (No. 2)
2. Rear Ground Choke
3. Side Bear Hug
4. Rear Bear Hug Arms Free

Green Belt Course

1. Advancing Front Choke
2. Wrist Hold (No. 1)
3. Rear Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 2)
5. Front Bear Hug Arms Free (No. 1)

Blue Belt Course

1. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
2. Rear Choke (No. 3)
3. Ground Choke Kneeling Between Legs (No. 3)
4. Front Bear Hug Arms free (No. 2)
5. Front Choke (No. 3)
6. Wrist Hold (No. 2)

BOXING – All skills to be shown into partner held sparring mitts.

1. Basic Foot Movement - Forward, Backward, Left & Right
2. Basic Punches - Jab, Cross, Hook, Upper Cut, Belly Rip
3. Basic Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
4. Punching Combinations - e.g. J-C, J-J-H-U, H-U/B, Extra combinations can be used.

Brown Belt Course

1. Kempo 18 (No. 2) - Sukui Nage - Scoop-up Throw
2. Ju 1 - Advanced Counter to Single Straight Punch
3. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma

BOXING

1. Integrating all the Basic Skills of the Senior Blue Course into free flowing combinations done with partner held sparring mitts.
2. Free Sparring with partner showing all boxing skills (Non Contact).
3. Defence against a Boxer.