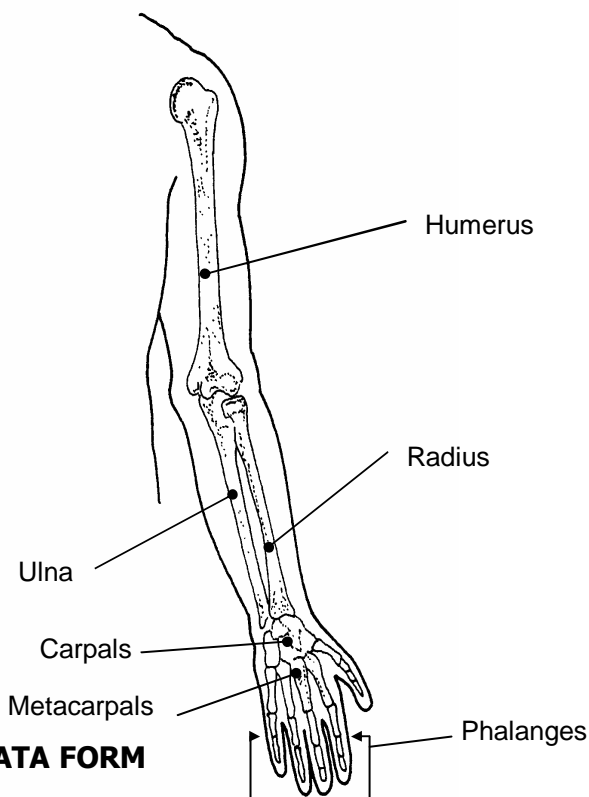


WHITE

JOINT SYLLABUS '09

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