



## Junior Syllabus – Ages 5 to 9

### WHITE – 1 YELLOW MON

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

### WHITE – 2 YELLOW MON

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

### WHITE – 3 YELLOW MON

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

**WHITE – 1 ORANGE MON**

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

**WHITE – 2 ORANGE MON**

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

**WHITE – 3 ORANGE MON**

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

**WHITE – GREEN 1 MON**

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

**WHITE – GREEN 2 MON**

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

**WHITE – GREEN 3 MON**

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

**WHITE – BLUE 1 MON**

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

**WHITE – BLUE 2 MON**

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

**WHITE – BLUE 3 MON**

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