

# BEE SAFE MANCHESTER

## SELF-DEFENCE SYSTEM



## ORANGE BELT

### KIDS - COURSE SYLLABUS

Below you will find a list of skills, techniques and knowledge, which your child will be asked to show in order to successfully complete the Taijutsu Orange Belt and move on to Green Belt with Orange Stripe

Student Name \_\_\_\_\_

TECHNIQUE	INTRODUCED	APPLIED
<b>HAND TECHNIQUES</b>		
Theory: concept of double-tap/strike through	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1, 2 and 3 - performed with double-tap on pad	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1, 2 and 3 - applied in controlled sparring	<input type="checkbox"/>	<input type="checkbox"/>
Spike - against pad and applied in partner drill	<input type="checkbox"/>	<input type="checkbox"/>
Hammer Fist - horizontal/angle (Attack + Defence)	<input type="checkbox"/>	<input type="checkbox"/>
<b>DISENGAGEMENT TECHNIQUES</b>	<input type="checkbox"/>	<input type="checkbox"/>
all disengagement techniques from Yellow/Orange performed against a resisting opponent		
<b>LEG WORK</b>	<input type="checkbox"/>	<input type="checkbox"/>
Strategic Leg Movement (every step an attack)	<input type="checkbox"/>	<input type="checkbox"/>
Applied Leg Sweeps - Steps and Stamps	<input type="checkbox"/>	<input type="checkbox"/>
Combinations 1 and 2 - applied in controlled sparring		

<b>TECHNIQUE</b>	<b>INTRODUCED</b>	<b>APPLIED</b>
<b>KICKS</b>		
Half Turning Kick	<input type="checkbox"/>	<input type="checkbox"/>
Cross Step Kick	<input type="checkbox"/>	<input type="checkbox"/>
Side-Knee	<input type="checkbox"/>	<input type="checkbox"/>
Jumping Spear Kick	<input type="checkbox"/>	<input type="checkbox"/>
Check Block	<input type="checkbox"/>	<input type="checkbox"/>
Kata: Kicking Kata 1 (synchronized in groups of 3 students)	<input type="checkbox"/>	<input type="checkbox"/>
<b>MANIPULATION OF ENVIRONMENT</b>		
Breakfalls and Rolls from Elementary 2 - applied in throw-for-throw drill with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Leg Sweeps with a Partner	<input type="checkbox"/>	<input type="checkbox"/>
Half-Shoulder Throw with a partner	<input type="checkbox"/>	<input type="checkbox"/>
Finish Moves/Compliance Restraints on the Ground	<input type="checkbox"/>	<input type="checkbox"/>
Application: Defend against restraining attacks from behind	<input type="checkbox"/>	<input type="checkbox"/>
<b>TRADITIONAL WEAPONS Jo Staff (age 10+)</b>		
Kata 1 (synchronized in groups of 3 students)	<input type="checkbox"/>	<input type="checkbox"/>
<b>2-PERSON DISPLAY</b>		
• includes 4 attacks and 4 defense techniques each	<input type="checkbox"/>	<input type="checkbox"/>

**Estimated Course Duration: 36 training sessions of 60min**  
**You will need to train in a Gi from this level onward.**