

BEE SAFE MANCHESTER

SELF-DEFENCE SYSTEM



GREEN BELT WITH ORANGE STRIPE COURSE SYLLABUS

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

Student Name _____

TECHNIQUE	INTRODUCED	APPLIED
COMBINATIONS		
Combination 4: Turning Elbow with Leg attack	<input type="checkbox"/>	<input type="checkbox"/>
Shuto + Leg sweep	<input type="checkbox"/>	<input type="checkbox"/>
“Climbing Elbows” + Scratch	<input type="checkbox"/>	<input type="checkbox"/>
Palm Heel + Follow-up techniques	<input type="checkbox"/>	<input type="checkbox"/>
DISENGAGEMENT TECHNIQUES		
Standing Figure-4	<input type="checkbox"/>	<input type="checkbox"/>
Standing Armbar	<input type="checkbox"/>	<input type="checkbox"/>
Back Hammer	<input type="checkbox"/>	<input type="checkbox"/>
LEG WORK		
Axe Kick	<input type="checkbox"/>	<input type="checkbox"/>
Back Kick	<input type="checkbox"/>	<input type="checkbox"/>
Full turning Kick	<input type="checkbox"/>	<input type="checkbox"/>
Switched Knee	<input type="checkbox"/>	<input type="checkbox"/>
Kick-sparring Muay Thai Style	<input type="checkbox"/>	<input type="checkbox"/>

TECHNIQUE**INTRODUCED****APPLIED****MANIPULATION OF ENVIRONMENT****1. Mat work**

Hip-Throw with Ground technique Lock

Half-Hip-Throw with Ground Technique Lock

Half Shoulder Throw with Ground Technique Lock

Back Breakfall from Standing Position

Over-the-Top Breakfall

Jumping Side Breakfall (left and right)

Leaf Fall

2. Use of Chairs and Tables in Self-Defence Scenarios**3. Use of Opponents clothing (throws with Gi)****4. Improvised Weapons (Pen or Flashlight)**

Basic Drill 1 - back and forth with a partner

Basic Drill 2 - back and forth with a partner

4. Traditional Weapons (Jawara)

Kata 1

All disengagement techniques from previous levels with
executed with JawaraTWO-PERSON DISPLAY (4 attacks/defence techniques + 1
throw each)**Estimated Course Duration: 36 training sessions of 60min**