

TEMPLE
FREESTYLE KARATE & SELF
DEFENCE
ADDITIONAL TECHNIQUE
SYLLABUS



9TH KYU – RED BELT

GROUND TECHNIQUES

Break falling (front – both sides)



8TH KYU – YELLOW BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)



7TH KYU ORANGE BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

TAKEDOWNS

Single leg reap



6TH KYU – GREEN BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

TAKEDOWNS

Single leg reap



5TH KYU – BLUE BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

TAKEDOWNS

Single leg reap

4TH KYU – PURPLE BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

Submission from guard (one of two) Arm bar or triangle

Guard sweep

TAKEDOWNS

Single leg reap

3RD KYU – BROWN BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

Submission from guard (one of two) Arm bar or triangle

Guard sweep

Mount escape (Upa) then break guard to standing

3 min rolling (to show sweep, submission or transition of position)

TAKEDOWNS

Single leg reap

2ND KYU – BROWN/ WHITE BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

Submission from guard (one of two) Arm bar or triangle

Guard sweep

Mount escape (Upa) then break guard to standing

3 min rolling (to show sweep, submission or transition of position)

TAKEDOWNS

Single leg reap

Double leg

1ST KYU – BROWN/BLACK BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

Submission from guard (one of two) Arm bar or triangle

Guard sweep

Mount escape (Upa) then break guard to standing

3 min rolling (to show sweep, submission or transition of position)

TAKEDOWNS

Single leg reap

Double leg

STANDING CONTROL

Thai Plum with stagger & knee strike

Thai Plum with knee, breakaway then elbow

Takedown defence

Takedown defence with Guillotine

1ST DAN – BLACK BELT

GROUND TECHNIQUES

Break falling (Front – both sides)

Break falling (Backwards)

Shrimping & bridging (to create space)

Recover guard

Guard break (one of few) with transition to side control

Guard break (one of few) with transition to side control – complete with submission →

(Arm Bar or Americana)

Submission from guard (one of two) Arm bar or triangle

Guard sweep

Mount escape (Upa) then break guard to standing

3 min rolling (to show sweep, submission or transition of position)

TAKEDOWNS

Single leg reap

Double leg

STANDING CONTROL

Thai Plum with stagger & knee strike

Thai Plum with knee, breakaway then elbow

Takedown defence

Takedown defence with Guillotine

Tie up opponent control movement strike then take down finish with strikes or submission