



Orange Belt Requirements

Stances:

- Ju-jitsu Fighting Stance
- One-point and Two-point kneeling position (execution must exhibit balance against standing or kneeling attacks)
- Over and under hold/hook (Ju-jitsu, Judo)
- Double Under Hook (Ju-jitsu, Judo)
- The mount (Newaza/grappling arts)
- The guard (Newaza/groundwork)

Footwork (Karate and Judo)

- On the Clock
- Side to Side
- Under the Rope

Tai sabaki (movement with partner) (Judo)

- Forward and back
- Side to side
- Diagonal movement

Ukemi (Break Falls):

- At this level of training all break falls should be able to be performed proficiently from a harsh, unannounced manner.
- Break falls should also be able to be performed while jumping over low obstacles (training partner on all fours).

Atemi (Strikes) (Karate and Ju-jjitsu based)

- Ridge Hand
- Palm Heal Strike
- Hammer fist
- Double hammer fist

Kids should add Yellow Belt Adult punches:

- Lead and Rear Hook
- Lead and Rear Uppercut

Adults Add:

- Thumb strike
- Single knuckle strike or knuckle press (to pressure point area) Gingitzu

Uke (blocks):

- Over-under hand trap
- Kick jam (soccer style kick)
- One hand blocks two concept (advancing and retreating)
- Monkey block/grab - (right and left side, with and/or without Gi)

Kids add Yellow Belt Adult blocks:

- Glancing block inner
- Glancing block outer
- Glancing-check block inner
- Glancing-check block outer

Geri (Kicks) (performed left and right side)

- Front leg round kick
- 'Soccer' kick (nerve and joint point attacks)
- Hip fake back reverse side kick (performed left and right)

Kids add Yellow Belt Adult kicks:

- Back Leg roundhouse kick
- Target advance back kick (ushiro geri with step toward target)
- Inside crescent kick
- Outside crescent kick

Adults add:

- Muay Tai kick
- Sepia kick
- Front push kick

Kicking combinations (right and left side)

- Front leg round kick→ back reverse side kick→ back leg round kick
- Inside crescent→ defensive side kick
- Left (lead foot) inside crescent→ left defensive side kick
- Step slide front kick/front roundhouse→ offensive side kick
- Defensive front kick→ back-leg inside crescent→ defensive side kick

Ju-jitsu -Self-defense techniques -Kata and Waza

Kata-

- Nikkyo wrist-lock(from a 1 handed or 2 handed grab) with transition into ude gatame arm take down with knee pin to the tricep then shoulder. This is performed from a 1-point kneeling position as well as 2 point kneeling position.
- Inside Mae-geri defense (front kick defense)- This defense utilizes O-ouchi style leg reaping take down ending with a groin stomp
- Inside Mawashi-geri defense (roundhouse kick defense) this defense utilizes Osoto-gari style leg reaping take down ending heel turn (to turn uke on stomach) ending with an ankle lock
- Drop throw/cheekbone strike (variation of Ippon-Seoi-Nage in which tori drops to one knee used when someone attempts a choke hold from the rear). Finishing blow is a palm heel strike to the cheekbone or chinbone.
- Outer sweeping hip throw - (this throw is a variation of Harai-Goshi in which attacker attempts two blows with hands which are blocked and one arm of the attacker is tucked and pinned between your back and his body).
- Armbar winding throw/armbar submission - attacker grabs you with one hand and attempts to strike you with the other. Ude gatame is performed on the striking arm and is retained in lock throughout the entire technique. You will end in a 1 point stance.

Waza-

- Defense from Bear hug (front and rear)
- Defense from a double wrist grab
- Defense from a Back leg Front kick
- Rear Choke
- Double Punch

Transition Kata

- Harai-goshi→ move uke on stomach and perform ude gatame pin with knee on tricep→ lift arm and perform nikkyo in 2 point stance position
- *Throw of choice*→ Kesa gatame→ Kata gatame→ Kuzure kesa gatame→ Yoko shiho gatame→ ushiro gatame→ kami shiho gatame- Transition to other side of body and perform -Ushiro gatame→ Yoko shiho gatame→ Kuzure kesa gatame/Kata gatame→ Tate shiho gatame

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Shime Waza (Strangulation techniques)

- Nami juji jime (normal cross lock, thumbs in)
- Gyaku juji jime (reverse cross lock, thumbs out)
- Kata juji jime (half cross lock, one thumb in-one thumb out)

Adults add:

- Hadaka jime - Naked Lock (gi and no gi use)
- Okuri eri jime -Sliding collar lock
- Kata ha jime - Single-wing lock

Tachi Waza (Judo Throws): Proficiency right and left side

- Kouchi Gari
- Ouchi Gari
- Uchimata - Thigh throw (hip technique)
- Harai-Goshi - Hip Sweep
- Uki-otoshi - Floating drop throw (hand technique)
- Morote-gari - Two arm clip (hand technique)
- Ashi-Guruma - Leg whirl (leg whirl)
- Tomoe Nage - Stomach throw

Kouchi Gari



**Kouchi-
gari**

Ouchi Gari



**Ouchi-
gari**

Uchimata



Uchi-mata

Harai Goshi



**Harai-
goshi**

Uki Otoshi



**Uki-
otoshi**

Morote Gari



Ashi Garuma



**Ashi-
guruma**

Tomoe Nage



**Tomoe-
nage**