

# Orange Belt Syllabus

## Basic philosophy

- 1) Defend yourself
- 2) Protect others
- 3) Avoid confrontation
- 4) Use minimal force

## Ukemi:

Obi Gaeshi:	Belt Twist
Eri Ukemi:	Jacket collar fall
Judo Kaiten:	“Judo” rolling
Sakadachi:	Handstand fall
Daisharin:	Cartwheel

Zenpo Kaiten and Koho Kaiten over someone kneeling  
Leap frog into Zenpo Ukemi

## Defences

Defence from body grabs	Front and rear, under and over arms
Defence from roundhouse punch	
Defence from cosh	Forehand, backhand
Defence from full bottle	Forehand, backhand, straight down
Basic defence from knife	Forehand slash, stomach, kidneys, straight down, face

## Nagewaza:

Tai Otoshi :	Body Drop
Seio Otoshi:	Shoulder Drop
O Goshi:	Major Hip Throw
Uke Goshi:	Floating Hip Throw
Ippon Seionage:	Full Point Shoulder Throw
Kibisu Gaeshi	Heel trip

## Osaekomi waza: Holding techniques

Kesa Gatame:	Scarf hold
Kata Gatame:	Shoulder hold
Yoko Shiho Gatame:	Side four point hold
Ushiro Shiho Gatame:	Reverse four point hold
Juji Gatame:	Cross armlock

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## Waza:

### Niban Geri Kata

Hiza Geri:	Knee kick
Ushiro Geri:	Reverse kick
Kakato Geri:	Axe kick (lit. drop ankle kick)
Nidan Miwashi Geri:	Two level roundhouse kick

Atama Kata:	Temple, Forehead, Chin, Throat, Bracchial plexus, Greater Occipetal nerve
Karada Kata:	Wrist, Radial nerve, Ulna nerve, Tricep, Bicep, Floating ribs, Armpit, Clavicle nerves, Kidneys, Knee, Foot
Senaka Kata:	Occipetal protuberance, Top of Spine, Lumbar curve, Base of Spine, Coxxy's, Kidneys
Ichiban Restraint Kata:	Ude Kujuki, Kote Dori, Hiji Makikomi

## Kansetsu

Kubi Kansetsu Waza	Neck locks
Kubi Hishigi:	Neck crush
Tate Hishigi:	Standing neck crush
Tsuri Kubi Kansetsu:	Lifting neck lock
Ura Kubi Kansetsu:	Rear neck lock
Yoko Hishigi:	Side crush
Kata Ha Hishigi:	Single sleeve crush

## Middle Work:

Punch and Kick Grinder  
 Weapons (cosh, bottle, knife) V  
 Weapons (cosh, bottle, knife) Alley