

KACHI MUSHI KAIJŌ

KMK JUDO CLUB

ORANGE BELT GRADING SYLLABUS

A. CRAWLING

1. All previous belt requirements plus following
2. Head first pull with partner
3. Feet first bridge with partner

B. UKEMI WAZA (Breakfalling Techniques)

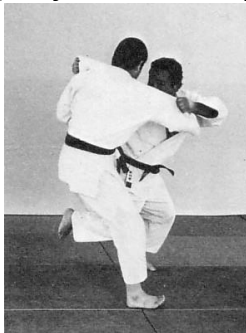
1. All yellow belt requirements
2. Zempo kaiten over "horse"
3. Side breakfalls holding onto jacket
4. Mae ukemi (forward breakfall)
5. Aerial fall holding onto belt

C. NAGE WAZA (Throwing Techniques)

1. All yellow belt requirements plus following

2. O Uchi Gari

(Major inner reaping)



3. Ko Uchi Gari

(Minor inner reaping)



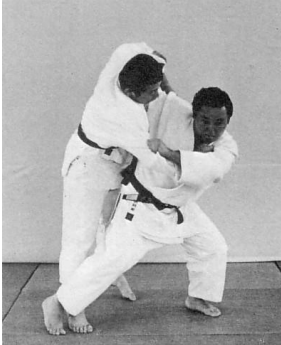
4. Tsurugi Goshi

(Lifting hip)

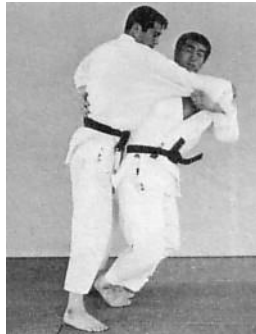


(orange belt con...)

5. Tai Otoshi
(Body drop)



6. Uki Goshi
(Floating hip)



7. Harai Goshi
(Sweeping hip)



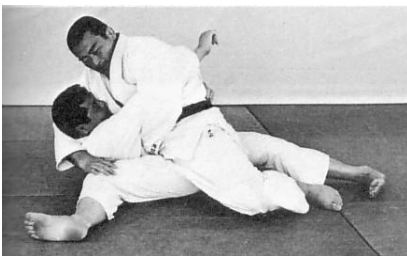
8. Tomoe Nage
(Stomach throw)



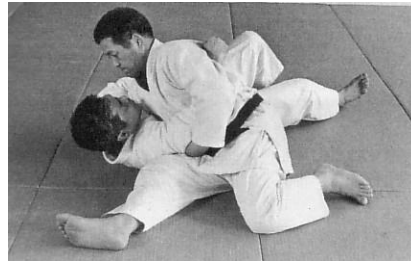
D. OSAEKOMI WAZA (Holding Techniques)

1. All yellow belt requirements plus following

2. Makura Kesa Gatame
(Pillow scarf hold)

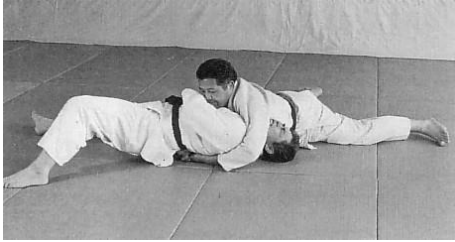


3. Kuzure Kesa Gatame
(Variation scarf hold)



(Orange belt con...)

4. Kuzure Kami Shiho Gatame
(Variation upper four quarters hold)



5. Ushiro Kesa Gatame
(Reverse scarf hold)



6. Mune Gatame
(Chest hold)



7. Kuzure Yoko Shiho Gatame
(Variation side four quarters hold)



E. TERMINOLOGY

All yellow belt requirements plus following

Shiai - Competition

Wazarai - Half point

Yoshi - Continue

Za Rei - Kneeling bow

Tachi Rei - Standing bow

Han Soku Make - Disqualification

Osae Komi Toketa - Hold down broken

Koka – Almost Yuko

Yuko – Almost Wazarai

Ippon - Full point

Shido - Minor infraction

Tatami - Mat

Tomare - Stop

Sono Mama - Freeze

(Orange belt con...)

F. COUNTING

Previous yellow belt counting plus following

JUICHI	JUNI	JUSAN	JUSHI	JUGO	JUROKU	JUSHICHI
11	12	13	14	15	16	17
JUHACHI	JUKU	NIJU				
18	19	20				

G. HISTORY OF JUDO

1. Previous yellow belt requirements plus following
2. Jigoro Kano was born in 1860.
3. Jigoro Kano took Jujitsu because he was small and wanted to protect himself from the bullies.
4. Jigoro Kano opened the Kodokan in Tokyo, Japan in 1882.

H. OTHER

Club attendance, Attitude, Tournament/Clinic experience and participation.

(Orange belt end)