



TESTING REQUIREMENTS

(When testing for new rank, you must be able to demonstrate all required techniques of previous ranks upon request)

Orange/Green

Tachi Waza	Ne Waza
<p>Nage Waza:</p> <ul style="list-style-type: none"> • Tomoe nage – Wheel Throw • Tani otoshi – Valley Drop • Harai goshi – Sweeping Hip • Ura nage – Back Throw <p>Counters:</p> <ul style="list-style-type: none"> • 3 Counters to O soto • 2 Counters to Koshi guruma • Sasae, De ashi barai, O uchi counters <p>Combinations:</p> <ul style="list-style-type: none"> • Ko soto garai → Tai otoshi/Sasae • O uchi gari → Tomoe nage • 3 Throw Combination • 2 Optional Combinations <p>Kenka yotsu Attacks/Concepts (Left on Right) Tai otoshi, O soto gari, Seoi nage throws w/ lateral movement</p> <p>Demonstrate Grip Strategies and Breaks</p>	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • Kami shiho gatame – Top 4-Corner Hold • Ushiro kesa gatame – Backwards Scarf Hold • 3 Escapes from Kesa gatame • 2 Escapes from Side Control • 1 Escape from Tate shiho gatame/Full Mount <p>Turnovers:</p> <ul style="list-style-type: none"> • Pedro Sequence 1-3 (Power ½, Tie-up, Threading the needle) • Double Lapel roll into Kami shiho gatame or Tate shiho gatame • Gator Roll • Beginnings of Sankaku understanding • 3 other turnovers from turtle or belly down <p>3 Guard Sweeps</p> <p>2 Guard Pass: Knee in tailbone pass; double underhook pass</p> <p>1 Standing Leg Pass</p>

Vocab:

<p>Bushido Katame waza Sutemi waza Explain the philosophy of Maximum Efficiency, Minimum Effort (Seiryoku Zenyo)</p>	
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