



## TESTING REQUIREMENTS

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

### Orange

Tachi Waza	Ne Waza
<p><b>Nage Waza:</b></p> <ul style="list-style-type: none"> <li>• Drop-knee Seoi nage</li> <li>• Tani otoshi – Valley Drop</li> <li>• Tsurigoshi – Lifting Hip Throw</li> <li>• Tomoe nage – Wheel Throw</li> <li>• (*Seoi otoshi – Shoulder Drop)</li> </ul> <p><b>Counters:</b></p> <ul style="list-style-type: none"> <li>• 1 O uchi Counter</li> <li>• De ashi barai with De ashi barai</li> <li>• Koshi guruma with Ura nage</li> </ul> <p><b>Combinations:</b></p> <ul style="list-style-type: none"> <li>• Hiza Guruma → Tai Otoshi</li> <li>• Ouchi Gari → Kouchi Gari</li> <li>• 2 Optional Combinations</li> </ul> <p>The Switch – Hip fake into Tani Otoshi</p> <p>3 Grip Breaks Explain a Basic Grip Strategy</p>	<p><b>Osaekomi Waza:</b></p> <ul style="list-style-type: none"> <li>• Kami shiho gatame – Top 4-Corner Hold</li> <li>• Ushiro kesa gatame – Backwards Scarf Hold</li> </ul> <p>3 Escapes from Kesa gatame 2 Escapes from Side Control</p> <p><b>Turnovers:</b></p> <ul style="list-style-type: none"> <li>• The “Tie-Up” from Belly down</li> <li>• Double Lapel roll into Kami Shiho or Tate Shiho</li> <li>• 1 Optional (Gator roll, Gut Wrencher, Power ½)</li> </ul> <p>3 Guard Sweeps</p> <p>1 Guard Pass</p>

### Vocab:

Kimi Kata Kaeshi Waza Samurai Budo Migi Hidari Judoka First year Judo was in the Olympics	Name and country of 3 former or present international judo competitors. Hanzoku make
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