



(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>Nage Waza:</p> <ul style="list-style-type: none"> • Kouchi Gari – Small Inside Reap • Tai Otoshi – Body Drop • Morote Seoi Nage – 2 Handed Shoulder Throw • (*Sode Tsurikomi Goshi – Sleeve Lifting Pulling Hip Throw) • Drop Knee Seoi Nage • Tani Otoshi – Valley Drop • Tsuru Goshi – Lifting Hip Throw • 3 Left Sided Throws <p>Counters:</p> <ul style="list-style-type: none"> • 1 Ouchi Counter • Deashi Harai with Deashi Harai • Koshi Guruma with Ura Nage • Sasae with Sasae • Drop Seoi Nage counter • 2 Osoto Counters <p>Combinations:</p> <ul style="list-style-type: none"> • Hiza Guruma → Tai Otoshi • Ouchi Gari → Kouchi Gari • Kouchi Makikomi • Kosoto → Osoto or Osoto → Kosoto • 2 Optional • The Switch – Hip fake into Tani Otoshi • Circle → Attack • Ouchi Bump → Forward Attack • Explain Kuzushi • 3 Grip Breaks • Explain a Basic Grip Strategy 	<p>Osaekomi Waza:</p> <ul style="list-style-type: none"> • Kami Shiho Gatame – Top 4-Corner Hold • Ushiro Kesa Gatame – Backwards Scarf Hold • Tate Shiho – Straight 4 corner hold • Kuzure Kesa Gatame – Modified Scarf Hold <p>Pin Escapes</p> <ul style="list-style-type: none"> • 3 escapes from Kesa Gatame • 2 escape from Mune/Yoko • 3 Submissions from Kesa Gatame <p>Turnovers</p> <ul style="list-style-type: none"> • “Thread the needle” from belly-down • The “Tie-Up” from Belly down • Double Lapel roll into Kami Shiho or Tate Shiho • 2 Optional (Gator roll, Gut Wrencher, Power ½, etc.) • 3 Guard Sweeps (Butterfly Sweep, Knee to Belly, Scissor Sweep, Push knee & Pull Sleeve) • Pin Transition - Transition into 3 different Pins while holding control • Guard Pass “Basic BJJ” Pass (Knee in tailbone) <p>Shime Waza</p> <ul style="list-style-type: none"> • Sankanu – from Turtle and Guard • Kataha Jime • Hadake Jime <p>Kanestestu Waza</p> <ul style="list-style-type: none"> • Juji Jime from throw, tate shiho, etc. • Ude Garami from Tate, mune, etc.

Vocab (ensure you know this set plus the yellow belt's set):

Tatami	Sensei Ni Rei
Judoka	Shomen Ni Rei
Budo	Samurai
Renwaku Waza	Year Judo was Founded
Kaeshi Waza	Name of First Judo School
Kumi Kata	1 st Year Judo was in the Olympics
Hiza	Only American Gold Olympian in Judo
Eri	Name and Country of 3 Former or Present
Sode	International Judo Competitors
Migi	Shiai
Hidari	Wazari
Mune	Toketa