



JUNIOR ORANGE STRIPE GRADING

FIRST ORANGE STRIPE

DEMONSTRATE:

Right Standing Yoko Ukemi (side breakfall)
Right Zempo Kaiten (standing forward roll with breakfall)
Right High Horse Breakfall
Forward Ebi (shrimping)
Kata Gatame (Shoulder Hold)
O-Soto-Gari (Major Outer Reap)
O-Uchi-Gari (Major Inner Reap)

Terminology:

Ashi (Foot)
Migi (right)
Hidari (left)
Obi (belt)
Tsukuri (Moving into a technique)

SECOND ORANGE STRIPE:

Demonstrate:

Left Standing Yoko Ukemi (side breakfall)
Left Zempo Kaiten (standing forward roll with breakfall)
Left High Horse Breakfall
Mune Gatame (Chest Hold)
Ko-Soto-Gari (Minor Outer Reap)
Ko-Uchi-Gari (Minor Inner Reap)

Terminology:

Tori (Person performing a technique)
Jigotai (Basic defense posture)
Koshi (Hip)
Shiai (Tournament/ Competition)
Uke (Person receiving a technique)

THIRD ORANGE STRIPE:

DEMONSTRATE:

Right Yoko Ukemi (side breakfall)
Left Yoko Ukemi (side breakfall)
Ushiro-Kesa-Gatame (Reverse Scarf Hold)
Harai-Goshi (Sweeping Hip)

TERMINOLOGY:

Kake (completion or finish of a technique)
Kodokan (Home institute of Judo)
Randori (Free practice/ Fighting)
Shizentai (Natural posture)

