

Kihon – Orange Belt
(100 Points: Must score 90 or above)

I. Movement: (10 Points)

Total Points _____

Tenshin Happo Tsuru Ashi - 5 Points _____

II. Stances (5 Points)

Total Points _____

Zenkatsu Dachi 1 Point (.5 Each Side) _____

Neko Ashi Dachi 1 Point (.5 Each Side) _____

Shiko Dachi 1 Point (.5 Each Side) _____

III. Blocks (5 Points)

Total Points _____

Jodan Barai 1 Point (.5 Each Side) _____

Chudan Barai 1 Point (.5 Each Side) _____

Gedan Barai 1 Point (.5 Each Side) _____

Nagashi - (Inside Each Waza) 1 Point _____

IV. Punches/ Te Waza (10 Points)

Total Points _____

Tsuki 2 Points (1 Each Side) _____

Shuto Uchi 2 Points (1 Each Side) _____

Nukite 2 Points (1 Each Side) _____

V. Kicks (10 Points)

Total Points _____

Mae Geri 2 Points (1.5 Each Side) _____

Yoko Geri 2 Points (1.5 Each Side) _____

VI. Ido Waza (60 Points)

Total Points _____

A. Single Waza (20 Points)

Tsuri Ashi Oi Tsuki 2 Points (1 Each Side) _____

Tsugi Ashi Oi Tsuki 2 Points (1 Each Side) _____

Tsuri Ashi Gyaku Tsuki 2 Points (1 Each Side) _____

Neko Ashi Shuto Uchi 2 Points (1 Each Side) _____

Tsuri Ashi Jodan Barai 2 Points (1 Each Side) _____

Tsugi Ashi Chudan Barai 2 Points (1 Each Side) _____

Tsuri Ashi Mae Geri 2 Points (1 Each Side) _____

B. Multiple Techniques (40 Points)

Total Points _____

Tsuri Ashi JB, Mae Geri, Gyaku Tsuki 10 Points (5/Side) _____

Total: _____ out of 100 Points

Kata - Orange Belt

Taikyoku Shodan 15 Points _____

Pinan Shodan 10 Points _____

Shinsei 15 Points _____

Pinan Nidan 10 Points _____

50 possible points

Begin assessing at this point, if not already doing so, the students movements, fighting style and body type, and begin preparing the rest of his/her syllabus accordingly.

Application - Orange Belt:

1. Yakusoku Kumite

- a. Pinan Shodan Yakusoku

2. Ippon Kumite

- a. 5 Punches each side- Straight punch
- b. 5 Punches each side- RH

3. Self- Defense (w/ Shodan student, then test admin. or high level black belt)

- a. RH Punch
- b. Wrist Grab- same (all 3)
- c. Wrist Grab- opposite

Self-Defense section will be introduced at the Orange Belt Level