

Techniques Syllabus

ORANGE BELT

10th & 9th Kyu

Basic techniques as for white belt as well as the following:

A) Techniques

*** Kihon (Basics)**

(1) Tachikata (Stances)

Kokutsu Dachi, Nekoashi Dachi

*** Ido (Moving Basics)**

Kokutsu Dachi (Nekoashi Dachi): Moving forward and backward, Turning
eg: Kokutsu Dachi + Chudan Uchi Uke

Repetition of same technique: eg: Zenkutsu Dachi + Seiken Oi Tsuki twice,
Zenkutsu Dachi + Seiken Chudan Sanbon Tsuki

*** Kata**

Taikyoku Sono San, Sokugi Taikyoku Sono Ni & San

B) Conditioning

* Flexibility: same criterion as for white belt, with improvement from that level.

* Push-ups: 30

* Jumping Squats : 30

* Hand stand : 30 seconds

* Chin ups: 5

* Jump (Tobi Geri): Your own height + 10 cm

C) Kumite

(1) Yakusoku Kumite: Block only against attack

hand block against tsuki / leg block against tsuki / hand block against kerri / leg block against ke

(2) Jiyu Kumite: 30 seconds

* Criterion: Reigi / Kamae / Kiai

D) Written Examination

* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the Instructor.
Honbu.