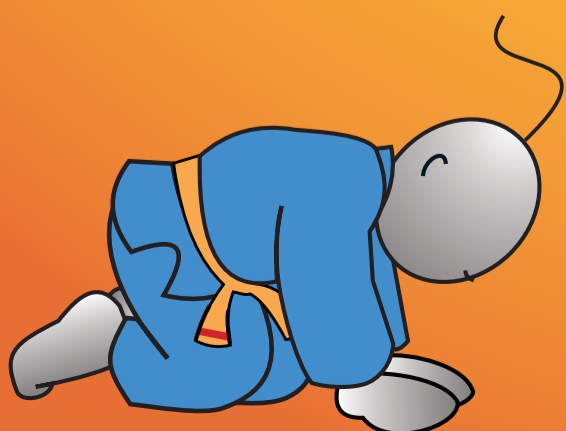




SYLLABUS

7TH MON TO 9TH MON

<p>Ko-uchi-gari Minor inner reaping</p>	<p>Tsuru-komi-goshi Drawing hip</p>	<p>O-goshi Major hip</p>		
<p>Escape through legs to Kesa-gatame</p>	<p>Escape from Kesa-gatame</p>	<p>O-uchi-gari into Ko-uchi-gari</p>	<p>Ko-uchi-gari into O-soto-gari</p>	<p>O-uchi-gari countered by Tsuru-komi-goshi</p>
<p>Ko-soto-gari Minor outer reaping</p>	<p>Ko-soto-gake Minor outer hook</p>	<p>Morote-seoi-nage Two handed shoulder throw</p>		
<p>Through legs into Yoko-shiho-gatame</p>	<p>Turn over to Tate-shiho-gatame</p>	<p>Ko-uchi-gari to Morote-seoi-nage</p>	<p>Tai-otoshi countered by Ko-soto-gake</p>	
<p>Seoi-otoshi Shoulder drop</p>	<p>O-soto-gari Major outer reaping</p>	<p>Arm roll - from the side</p>		
<p>Double arm roll</p>	<p>Ippon-seoi-nage to Ko-uchi-gake</p>	<p>Seoi-otoshi Combinations</p>		



REQUIREMENTS

As an orange belt, you should be able to demonstrate light randori, combination and counter skills. You should also know the following Japanese words.

Uke = Person being attacked
Tori = Person doing the attack
Hiki-wake = Draw

Waza-ari-awasete-ippun =
Two waza-ari score ippun
Shido = Minor penalty
Hansoku-make = Disqualification

