

REQUIREMENTS FOR SHICHIKYU ORANGE BELT

All Previous Requirements Plus:

4-Point Code of Self Protection

The Next 2 Techniques of the Following Categories:

- Dachi (Stance)
- Uke (Blocks/Defense)
- Tewaza (Stikes/Hand Techniques)
- Keriwaza (Kicking Techniques)

Ukemi (Breakfalls):

- First 4 from Standing Position

Kneeling Bow:

All General Terminology Except for Body Parts:

Count to 20 in Japanese:

Kata:

Kids:

- Ichi-Kyu
- Ni-Kyu
- Pinan Shodan (Start)

Adults:

- Ichi-Kyu
- Ni-Kyu
- Pinan Shodan

Nagewaza (Throwing Techniques):

- O-Soto Gari (Major Outer Reaping Throw)

Tatame Waza (Grappling/Mat Techniques):

- Kesa Getame (Scarf Hold)

Kansetsu Waza (Joint Manipulation Techniques):

- Ikkyo > Ude Osae (Arm Pin) > Ikkajo
- Nikyo > Kote Mawashi (Forearm Turn In/Rotation) > Nikajo