

6th Kyu (Orange Belt)

Demonstrate breakfalls and rolls

Locks, Chokes and Throws

Demonstrate 6 arm locks

Demonstrate 6 chokes

Demonstrate 6 throws with names

Demonstrate 3 leg locks

Demonstrate 2 immobilisation holds

Demonstrate 3 wrist locks

Defences

Demonstrate 6 defences against punches

Demonstrate 2 defences against arm locks

Demonstrate 3 defences against grabs

Demonstrate 3 defences against chokes

Atemi Waza

Demonstrate 2 kyusho attacks

***Hand & Arm Strikes* - Oizuki, Gyakuzuki , Tobikomizuki, Uraken, Haito**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri**

***Blocks* - Shutouke, Sotouke, Uchiuke**

Kumite

3 rounds Katamewaza (1 minute rounds)

1 round Freestyle/Sport Ju Jitsu (2 minute rounds)