

# CYC Judo Orange Belt Practical Examination Requirements

(Jr 5th Grade)

## Technique

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### Nage-Waza

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#### Tachi-Waza (Throwing technique)

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#### Te-waza (Hand technique)

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Seoi-nage

#### Koshi-waza (Hip technique)

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O-goshi

Uki-goshi

Koshi-guruma

#### Ashi-Waza

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Osoto-gari

Hiza-guruma

Deashi-harai

Sasae-tsurikomi-ashi

Ashi-guruma

Osoto-gaeshi

O uchi-gari

Kouchi-gari

Kosoto-gake (Counter to Sasae)

Kosoto-gari

#### Sutemi-waza (Sacrifice techniques)

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#### Ma-sutemi-waza (rear sacrifice techniques)

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Tani-otoshi (counter to Seoi)

### Katame-waza

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#### Osae-komi-waza

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Kesa-gatame

Bridge & Roll Escape from Kesa-gatame

Uphill-turn Escape from Kesa-gatame

Yoko-shiho-gatame

Bridge & Roll Escape from Yoko-Shiho

Student: \_\_\_\_\_