

REQUIREMENTS FOR ORANGE BELT

The journey from Yellow Belt to Orange Belt is, in addition to more fundamental techniques, the beginning of the investigation of these basic techniques in application. The Taisabaki no kata for instance begins being applied to scenarios not addressed in the original basic kata.

Although all belt levels have a degree of importance Yellow and Orange are possibly the most important in the training as they lay the basic skeleton of the whole system. If these belts are not learnt correctly latter belts will surely falter.

If we talk in terms of elements, the Orange belt would best be described as Fire in that we are now building more of an awareness of ourselves in relation to a possible attack. In other words we are developing a connection to a circumstance.

DOJO ETIQUETTE

- Know what the lead student is and the terms responsible for

FUNDAMENTALS TRAINING

- Know how to do forward, backward, and sideways rolls
- Know how to do forward, backward, side-dropping, face protection break-falls
- Know how to do jab, cross, hook, uppercut, and back-fist strikes

RELEASES

- Know basic release from strangle; front and rear attack
- Know evasion technique from headlocks; front and rear attack
- Know the release to restraint from double wrist grab
- Know the release to restraint from cross grab

KATA TRAINING

Taisabaki Balance Break kata

- Know the balance breaks vs. Punch, Hammer, Kick

Samurai Self Defence kata

- 1. Kote gaeshi
- 2. Tegakami
- 3. Osoto otoshi
- 4. Shiho nage

SPIRITUAL TRAINING

- Know the first 5 lines of the Student Creed