



**ORANGE BELT**

**5<sup>th</sup> KYU**

**REQUIREMENTS**



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## Physical requirements

Children: Arms	Children: Abdominals	Children: Legs
20 Regular push ups	45 Sit ups, cross punch	40 Step ups on bench
05 Hands together – feet apart	45 Elbow to opposite knee	30 Calf raises, partner on back
10 Row boats	50 Scissor kicks	30 ¼ squats, partner on back
Teens & Adults: Arms	Teens & Adults: Abdominals	Teens & Adults: Legs
25 Knuckle push ups	55 Sit ups, arms across chest	60 Step ups on bench
10 Hands together – feet apart	60 Elbow to opposite knee	45 Calf raises, partner on back
10 Clapping push ups	60 Flutter kicks	45 ¼ squats, partner on back

**Etiquette, history, general Dojo terms** - Styles name, history, founder, rank & belt system, etc.

**Roll & Break fall, Cart wheel** - (A) Front (B) Back (C) Aikido (D) Distance (E) Height (F) Cart wheel

**Trap & Roll - Partner has top position**

(A) Hook removal (B) Standard trap & roll (C) Head lock variation (D) Punch block variation

**You have top position, take his back**

1. Take the back: Modified 'S' position - You have top position, partner tries to turn
2. Take the back: Remount technique - Take his back, he rolls to the side & starts wiggling out

**Arm locks – Straight & Americana arm locks**

- |                                |   |
|--------------------------------|---|
| (A) Standard straight arm lock | (B) Side 'S' variation straight arm lock  |
| (C) Americana arm lock         | (D) Americana neck hug variation arm lock |

**Mount escapes – Elbow knee escapes** - (A) Standard var. (B) Heel drag var. (C) Fish hook variation

**Karate basics**

1. All Kenkokan basics individually
2. Jumping front kick: Both sides
3. Side to side: (1) Chop (2) Elbow (3) Round kick (4) Back kick (5) Side kick
4. Basic escapes #1 - 5

**Kata** – Naihanchin & Nijushiho Kata: Children: 1 side; Teens & Adults: both sides

**Kumite – both sides** – Gohono 1, 2, 3 & Renshu Ichi

**Other requirements** - Participate in one Koshiki contact tournament

- (A) Koshiki fights: 2 (B) Grappling fights: 2