

# ORANGE BELT STANDARDS - JUDO

## FALLING TECHNIQUES

Back Fall  
Side Fall  
Front Rolling Fall

- Happo No Kuzushi - Eight Directions of Off-Balance
- How to "Tap Out" and when to "Tap Out"
- How to grip the Gi

## DEFINITIONS

Tori - Person who Throws  
Uke - Person who is Thrown  
Tap Out - To Stop a Technique or to Give up the Match

## THROWS

O Soto Gari  
O Goshi

## HOLD DOWNS

Kesa Gatame  
Kata Gatame

## TURNOVERS

Double Hand Elbow Turnover  
Half Nelson Turnover

## ESCAPES

Escape from Kesa Gatame - Turn out Escape  
Escape from Kata Gatame - Elbow push and Turn out Escape

## PRINCIPLES

- Happo No Kuzushi - Eight Directions of Off-Balance
- Mutual Benefit and Welfare

TRAINING DRILLS: If you have a mat or padded area of some sort, practice your back falls and side falls, concentrating on relaxing your body thoroughly. Also, practice Happo No Kuzushi each day several times. Spend 10 min. each day on each drill.

**MINIMUM TIME: 20 class hours**