



## EXPECTATIONS

Having learned the fundamentals of Judo as a yellow belt, we now build upon those skills. As well as learning new waza (techniques), there is a focus towards consolidation and improvement of learned waza and fighting abilities.

Students should be obvious in developing their Judo spirit, through improved confidence and working towards mutual benefit.



## BASIC JUDO

Students should further understand the importance of posture and movement in Judo, build on their awareness of safety in Judo., and Improve their breakfall technique.

At this stage we introduce the concept of Kuzushi (breaking Balance) and its directions. Additional basics are also taught. See page two.

## THROWS

At Orange Belt, students will be asked to demonstrate six throws from the 8 available in set 1. (See syllabus)

The Japanese names of the waza should be used for this rank. Nage-waza (throwing techniques) should be demonstrated safely and with control. Students are expected to show evidence of their awareness of Kuzushi and its application in the throw they are demonstrating.



## ORANGE BELT HANDOUT

This overview describes what it takes to become a Kodomo Orange belt (10<sup>th</sup> kyu) at El Toro Judo Club.

We are a charter member of the United States Judo Federation and Nanka (Southern California Judo Black Belt Association).

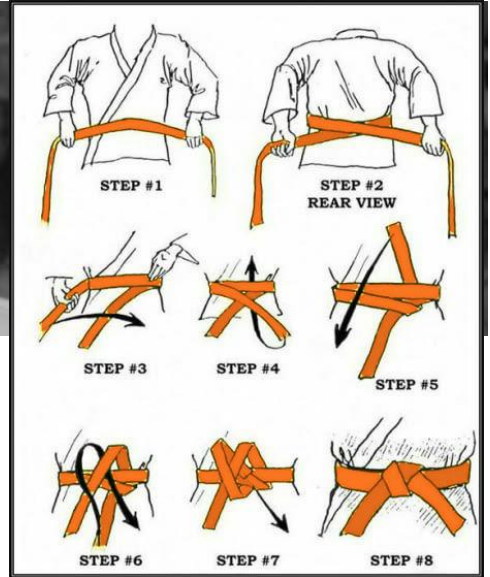
Our rank assessments covers four areas, basic Judo understanding, throwing and groundwork techniques and Judo Spirit.

Detailed requirement information for this rank can be found in our online syllabus.



## GROUNDWORK

Orange Belt candidates need to demonstrate all four pins from Set A (see syllabus) and be able to demonstrate two different escape methods from Kesa-Gatame (scarf hold). Students should also be able to demonstrate a method of turning over an opponent in a defensive 'turtle' position and achieve a pinning position advantage.



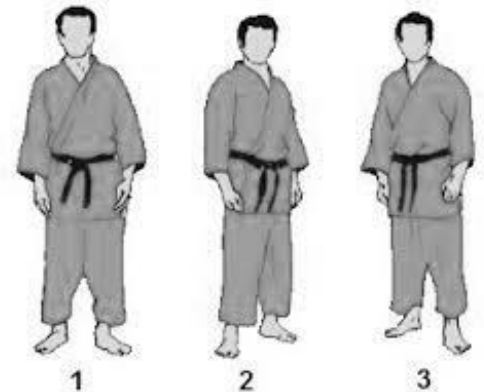
**SAFETY**, El Toro Judo continually emphasizes the importance of safety. Occasionally young students lose concentration and due to the pressure of the moment safety may not be on their mind. We continue to discuss aspects they now encounter and how they can continue to be safe and at the same time protect others around them. Examples include responding to a call of “Matte” (Stop) immediately, don’t put your fingers inside jacket sleeves, avoid pushing others when playing games, standing up straight away when doing randori (Free practice).

**KUZUSHI** is the breaking of balance of your opponent. It is a pivotal principle that enables a person to throw another. Judo has a principle of “Seiryoku Zenyo” which means “maximize your efficiency, with minimal effort”. Kuzushi is an example of this principle. It is possible to learn how to break a person’s balance without using overwhelming strength. This enables a person to throw another easier while maintaining flexibility and ease of movement. There are eight cardinal directions of Kuzushi (see picture on the right). These need to be demonstrated during the test.



**UKEMI (Breakfalls):** Practice and repeated practice of ukemi builds a reflexive response in judoka that is essential. Losing your fear of falling and knowing that even in defeat you have control over your safety and ability to react in the presence of adversity. This ability is a cornerstone for building one’s self-confidence and allows one to focus on attack rather than defense.

**POSTURE AND MOVEMENT** is key to being a good judoka. Having efficient movement and good posture for effecting your waza is another aspect of Seiryoku Zenyo. Being able to demonstrate Shizen-hon-tai (1), Migi-Shizentai (2) and Hidari-Shizentai (3) is required for Orange Belt.



Students must demonstrate their knowledge on bowing, ritsu-rei (standing bow), za-rei (kneeling bow) and when to do them. The judo expectation on how to enter a dojo and showing respect (bowing when entering the dojo, and again when stepping onto the tatame (mat), Orange Belt students should be very capable of tying their belt, and demonstrate how to correctly fold and pack a judogi.

**JUDO SPIRIT:** Students should continue to demonstrate their judo spirit and show their awareness of the concepts of Seiyoku Zenyo (Maximum efficiency with minimal effort) and Jitta Kyoei (Mutual Benefit).

