

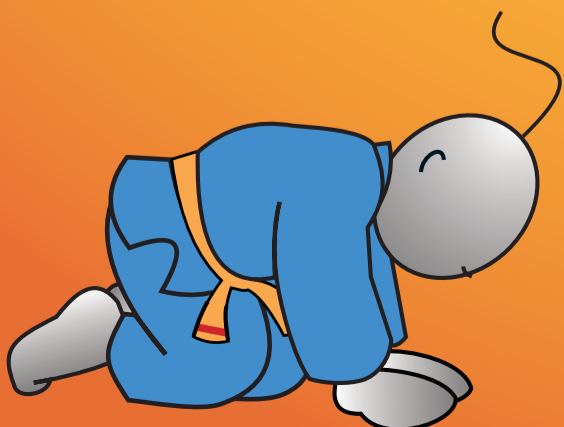
# SYLLABUS

## 7<sup>TH</sup> MON TO 9<sup>TH</sup> MON






 <p><b>Ko-uchi-gari</b> Minor inner reaping</p>	 <p><b>Tsuru-komi-goshi</b> Drawing hip</p>	 <p><b>O-goshi</b> Major hip</p>		
 <p>Escape through legs to <b>Kesa-gatame</b></p>	 <p>Escape from <b>Kesa-gatame</b></p>	 <p><b>O-uchi-gari into Ko-uchi-gari</b></p>	 <p><b>Ko-uchi-gari into O-soto-gari</b></p>	 <p><b>O-uchi-gari countered by Tsuru-komi-goshi</b></p>
 <p><b>Ko-soto-gari</b> Minor outer reaping</p>	 <p><b>Ko-soto-gake</b> Minor inner hook</p>	 <p><b>Morote-seoi-nage</b> Two handed shoulder throw</p>		
 <p>Through legs into <b>Yoko-shiho-gatame</b></p>	 <p>Turn over to <b>Tate-shiho-gatame</b></p>	 <p><b>Ko-uchi-gari to Morote-seoi-nage</b></p>	 <p><b>Tai-otoshi countered by Ko-soto-gake</b></p>	
 <p><b>Seoi-otoshi</b> Shoulder drop</p>	 <p><b>O-soto-gari</b> Major outer reaping</p>	 <p><b>Arm roll - from the side</b></p>		
 <p><b>Double arm roll</b></p>	 <p><b>Ippon-seoi-nage to Ko-uchi-gake</b></p>	 <p><b>Seoi-otoshi Combinations</b></p>		



## REQUIREMENTS

As an orange belt, you should be able to demonstrate light randori, combination and counter skills. You should also know the following Japanese words.

Uke = Person being attacked  
Tori = Person doing the attack  
Hiki-wake = Draw

Waza-ari-awasete-ippun =  
Two waza-ari score ippun  
Shido = Minor penalty  
Hansoku-make = Disqualification

