

GTJ JIU-JITSU ORANGE BELT SYLLABUS (5TH KYU) *REVISED AUGUST 2015

- 1. Tai Otoshi (Body Drop)**
- 2. Harai Goshi (Hip Sweep)**
- 3. Seoi Nage (Shoulder Throw with Lapel Grip)**
- 4. Dropping Seoi Nage & Ippon Seoi Nage**
- 5. Ouchi Gari (Major Inner Reap)**
- 6. Osoto Gari (Major Outer Reap)**
- 7. Deashi Barai (Forward Foot Sweep)**
- 8. Leg Throw:**
 - Femoral Pin
 - Spine Lock
 - Figure Four Reclining Leg lock
 - Throat Lock
- 9. Ankle Picks**
- 10. Hammerlocks Variations and Finishes:**
 - Entangled Wrist Lock
 - Throw
 - Come-Along
- 11. Kani Basami (Crab Scissors)**
- 12. Shoulder/Arm Locks from Throw**