

GTJ ORANGE BELT CHILDREN'S SYLLABUS (5TH KYU) *Revised August 2015

FIRST STRIPE

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**

SECOND STRIPE

1. **Ouchi Gari (Major Inner Reap)**
2. **Osoto Gari (Major Outer Reap)**
3. **Deashi Barai (Forward Foot Sweep)**

GREEN BELT

1. **Leg Throw into ankle lock**
2. **Ankle Picks**
3. **Hammerlock from Shoulder Seizure**
4. **Kani Basami (Crab Scissors)**
5. **Shoulder/Arms Locks from Throw**