



## ***GT JIU-JITSU JUNIOR ORANGE BELT SYLLABUS (6<sup>th</sup> KYU)***

- 1. Tai Otoshi**
- 2. Harai Goshi**
- 3. Morote Seoi Nage**
- 4. Seoi Otoshi**
- 5. Ouchi Gari & Osoto Gari**
- 6. Deashi Barai**
- 7. Single Leg Throw into:**
  - Femoral pin
  - Figure 4 reclining leg lock
- 8. Ankle Pick**
- 9. Back Hammerlock Variations and Finishes:**
  - Entangled wrist lock
  - Come-along
- 10. Kani Basami**
- 11. Review of Shoulder and Arm Locks**

**\*After exhibiting competency of the above techniques, you will be eligible for:  
Green Belt (5<sup>th</sup> Kyu).**