



GT JIU-JITSU ORANGE BELT SYLLABUS (6th KYU)

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

***After exhibiting competency of the above techniques, you will be eligible for green belt (5th Kyu).**