



Orange Belt

Projections

Escapes: Irimi 1, Irimi 2, Tenkan 1, Tenkan 2

Level: Shape 3 (moving attacks optional)

Attack	Technique
Shomen-uchi	Shiho-nage
Katatekosa-tori	Kote-gaeshi
Mune-tsuki	Kokyu-nage
Kata-tori	Tenchi-nage
Katate-tori	Kaiten-nage

Immobilisations

Escapes: Irimi 1, Tenkan 1

Level: Shape 3 (moving attacks optional)

Attack	Technique
Yokomen-uchi	Ikkyo
Royoto-mochi	Nikyo
Ryote-tori	Sankyo
Mune-tori	Yonkyo

Knife Techniques

Escapes: Irimi 1, Irimi 2, Tenkan 1, Tenkan 2

Level: Shape 3 (moving attacks optional)

Attack	Technique
Shomen-uchi	Shiho-nage
Mune-tsuki	Kote-gaeshi
Shomen-uchi	Ikkyo

Kata

Unarmed: Tai gei No. 2

Weapons: 1st Bokken kata – to be performed twice in 30 seconds