

5TH KYU - ORENJI OBI

<u>Fitness</u> 20 x Press Ups 20 x Sit Ups 20 x Leg Raises 20 x Burpees This is a basic fitness requirement and is likely to be repeated during the candidate's grading.	<u>Tanjun Nage Waza</u> <u>Basic Throws</u> 4 x 4 Hip Throw 4 x 4 Body Drop 4 x 4 Inside Hock 4 x 4 Stamp Throw 4 x 4 Major Outer Reap 4 x 4 Half Shoulder	<u>Bujutsu</u> <u>Weapon Techniques</u> Straight Baton Kata: 1 x Leg Collapse With Neck Lock. 1 x Defend Against Kick with Neck Lock. 5 x Defences Against Roundhouse Attack.
<u>Shime Waza</u> <u>Strangle Teachniques</u> Double Punch: Collar & Bar Chokes. (Gi and No Gi) Collar & Lapel Chokes. (Left and Right)	<u>Fusegu Tsuki</u> <u>Defend Punches</u> Shoulder Arm Lock & Major Outer Reap. Shoulder Arm Lock & Throat Grab Major Outer Reap. Throat Grab & Take Down.	<u>Shime Waza</u> <u>Choking Tecjniques</u> Collar and Fingers. Collar and Thumbs. Fingers and Thumb. Collar and Bar Choke. Naked Choke.
<u>Nage Waza</u> <u>Throwing Techniques</u> Major Outer Reap: 1) Reclining Cross Arm Bar. 2) As above with Turnover and Back Hammer Lock.	<u>Nage Waza</u> <u>Throwing Techniques</u> Half Shoulder: 1) Straight Arm Bar with High Arrest. 2) Kneeling Back Hammer Lock.	<u>Ne Waza</u> <u>Grappling Techniques</u> Defend Grab from the Guard: Arms Break-2 Variants. Defend Grab from the Side: Leg Hook to Neck with Arm Bar.

Grading Examination

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.