

# 5TH KYU - ORENJI BELT

## Fitness

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.

## Tanjun Nage Waza

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

## Bujutsu

### **Keibo Kata:**

1 x Leg Collapse With Neck Lock.

1 x Defend Against Kick with Neck Lock.

5 x Defences Against Roundhouse Attack.

## Kaeshi Shime Waza

### **Double Punch:**

Collar & Bar Chokes.  
(Gi and No Gi)

Collar & Lapel Chokes.  
(Left and Right)

## Fusegu Tsuki

Shoulder Arm Lock & Major Outer Reap.

Shoulder Arm Lock & Throat Grab Major Outer Reap.

Throat Grab & Take Down.

## Nage Waza

### **Major Outer Reap:**

1) Reclining Cross Arm Bar.

2) As above with Turnover and Back Hammer Lock.

## Nage Waza

### **Half Shoulder:**

1) Straight Arm Bar with High Arrest.

2) Kneeling Back Hammer Lock.

## Katame Waza

Collar and Fingers.

Collar and Thumbs.

Fingers and Thumb.

Collar and Bar Choke.

Naked Choke.

## Ne Waza

### **Defend Grab from the Guard:**

Arms Break-2 Variants

### **Defend Grab from the Side:**

Leg Hook to Neck with Arm Bar.

## Grading Examination

Revision 13: 30/08/2025

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.