

3/20/2026

Finish Time

Warm-Up and Stretches	15 min	6:15:00 PM
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Pivot and Uchikomi	10 min	6:25:00 PM
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Basics	10 min	6:35:00 PM
Review	Safety 1/Hygiene review	

Nage-Waza	15 min	6:50:00 PM
Okuri-Ashi-Barai	4-Rule, Review	

Newaza	15 min	7:05:00 PM
Kami-Shiho-Gatame	See Sheet	

Fighting Skills	5 min	7:10:00 PM
Light Randori		

Randori	10 min	7:20:00 PM
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Okuri-Ashi-Barai	
Rule 1	Follow uke sideways
Rule 2	Step close
Rule 3	Sweep sleeve side ankle
Rule 4	Turn the steering wheel

Level 1	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
Level 2	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust position when being opposed.
Level 3	Advance level: Student executes the waza very confidently with out having to think too much. Demonstrates knowledge of the waza in terms of when to enter, movement to maintain position, and when to exit.



EXPECTATIONS

Having learned the fundamentals of Judo as a yellow belt, we now build upon those skills. As well as learning new waza (techniques), there is a focus towards consolidation and improvement of learned waza and fighting abilities.

Students should be obvious in developing their Judo spirit, through improved confidence and working towards mutual benefit.



BASIC JUDO

Students should further understand the importance of posture and movement in Judo, build on their awareness of safety in Judo., and Improve their breakfall technique.

At this stage we introduce the concept of Kuzushi (breaking Balance) and its directions. Additional basics are also taught. See page two.



THROWS

At Orange Belt, students will be asked to demonstrate six throws from the 8 available in set 1. (See syllabus)

The Japanese names of the waza should be used for this rank. Nage-waza (throwing techniques) should be demonstrated safely and with control. Students are expected to show evidence of their awareness of Kuzushi and its application in the throw they are demonstrating.



ORANGE BELT HANDOUT

This overview describes what it takes to become a Kodomo Orange belt (10th kyu) at El Toro Judo Club.

We are a charter member of the United States Judo Federation and Nanka (Southern California Judo Black Belt Association).

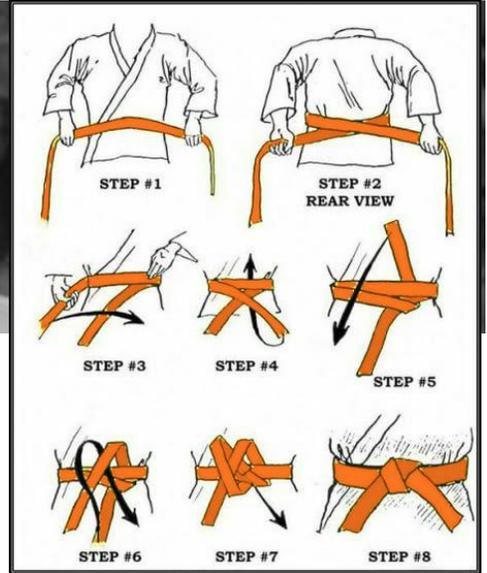
Our rank assessments covers four areas, basic Judo understanding, throwing and groundwork techniques and Judo Spirit.

Detailed requirement information for this rank can be found in our online syllabus.



GROUNDWORK

Orange Belt candidates need to demonstrate all four pins from Set A (see syllabus) and be able to demonstrate two different escape methods from Kesa-Gatame (scarf hold). Students should also be able to demonstrate a method of turning over an opponent in a defensive 'turtle' position and achieve a pinning position advantage.



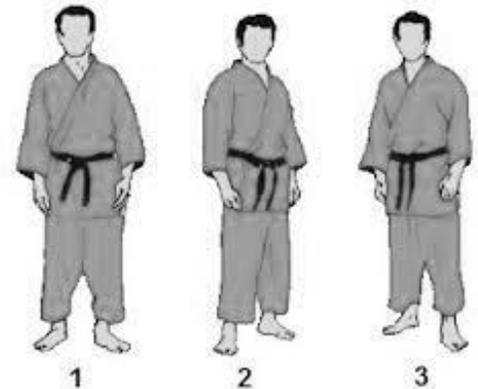
SAFETY, El Toro Judo continually emphasizes the importance of safety. Occasionally young students lose concentration and due to the pressure of the moment safety may not be on their mind. We continue to discuss aspects they now encounter and how they can continue to be safe and at the same time protect others around them. Examples include responding to a call of “Matte” (Stop) immediately, don’t put your fingers inside jacket sleeves, avoid pushing others when playing games, standing up straight away when doing randori (Free practice).

KUZUSHI is the breaking of balance of your opponent. It is a pivotal principle that enables a person to throw another. Judo has a principle of “Seiryoku Zenyo” which means “maximize your efficiency, with minimal effort”. Kuzushi is an example of this principle. It is possible to learn how to break a person’s balance without using overwhelming strength. This enables a person to throw another easier while maintaining flexibility and ease of movement. There are eight cardinal directions of Kuzushi (see picture on the right). These need to be demonstrated during the test.



UKEMI (Breakfalls): Practice and repeated practice of ukemi builds a reflexive response in judoka that is essential. Losing your fear of falling and knowing that even in defeat you have control over your safety and ability to react in the presence of adversity. This ability is a cornerstone for building one’s self-confidence and allows one to focus on attack rather than defense.

POSTURE AND MOVEMENT is key to being a good judoka. Having efficient movement and good posture for effecting your waza is another aspect of Seiryoku Zenyo. Being able to demonstrate Shizen-hon-tai (1), Migi-Shizentai (2) and Hidari-Shizentai (3) is required for Orange Belt.



Students must demonstrate their knowledge on bowing, ritsu-rei (standing bow), za-rei (kneeling bow) and when to do them. The judo expectation on how to enter a dojo and showing respect (bowing when entering the dojo, and again when stepping onto the tatame (mat), Orange Belt students should be very capable of tying their belt, and demonstrate how to correctly fold and pack a judogi.

JUDO SPIRIT: Students should continue to demonstrate their judo spirit and show their awareness of the concepts of Seiyoku Zenyo (Maximum efficiency with minimal effort) and Jitta Kyoei (Mutual Benefit).





EXPECTATIONS

Students continue to build upon their Judo skills. With a sharp focus on the application of their abilities. They continue to learn new waza (techniques). Judo by definition is a test of individual skill and El Toro Judo Club encourages participation in Judo Shiai (Tournaments)

Students build upon developing their Judo spirit, through improved confidence and working towards mutual benefit.



ORANGE W/STRIPE BELT HANDOUT

This overview describes what it takes to become a Kodomo Orange belt with Stripe (9th kyu) at El Toro Judo Club.

We are a charter member of the United States Judo Federation and Nanka (Southern California Judo Black Belt Association).

Rank assessments covers four areas, basic Judo understanding, throwing and groundwork techniques and Judo Spirit.

Detailed requirement information for this rank can be found in our online syllabus.

BASIC JUDO

We continue emphasis on the understanding of posture and how to move efficiently in Judo.

Additional development and awareness of safety in Judo, and Improvement of breakfall technique.

Building more on the concept of Kuzushi (breaking Balance) and why it is important for all throws.



THROWS

Students are asked to demonstrate 8 throws. 5 from Gokyo set 1 and 3 from Set 2.

The Set 1 throws are expected to shown a higher ability level than demonstrated for prior rank.

Japanese names are used for this rank. Nage-waza (throws) should be performed safely with control. Students are expected to show evidence and awareness of Kuzushi and its application in the throw



GROUNDWORK

Orange Belt w stripe candidates need to demonstrate 3 pins from Set A and 2 from Set B.

Demonstrate an escape method from Yoko-Shiho-Gatame.

Students should also be able to demonstrate two methods of turning over an opponent in a defensive prone position and achieve a pinning position advantage.



SAFETY, El Toro Judo continually emphasizes the importance of safety. Occasionally young students lose concentration and due to the pressure of the moment safety may not be on their mind. We continue to discuss aspects they now encounter and how they can continue to be safe and at the same time protect others around them. Examples include responding to a call of “Matte” (Stop) immediately, don’t put your fingers inside jacket sleeves, avoid pushing others when playing games, standing up straight away when doing randori (Free practice).

UKEMI or breakfalls is a critical ability. Students at this level must be capable of demonstrating good and safe ukemi. Not only when doing specific practice, but also when being thrown.

KUZUSHI is the breaking of balance of your opponent. It is a pivotal principle that enables a person to throw another. Judo has a principle of “Seiryoku Zenyo” which means “maximize your efficiency, with minimal effort”. Kuzushi is an example of this principle. It is possible to learn how to break a person’s balance without using overwhelming strength. This enables a person to throw another easier while maintaining flexibility and ease of movement. Happno Kuzushi is the eight cardinal directions of Kuzushi (see picture on the right). Obvious elements of Happno Kuzushi must be present in all throw demonstrations.

JUDO TERMINOLOGY. During promotion test the student is quizzed on their knowledge of the required judo terminology and also demonstrate their ability to count from 1 to 20 in Japanese.

JUDO CONTEST BASICS: Judo is an Olympic combat sport and has a strong emphasis on fair play and safety by having certain rules as part of the contest. A consequence of breaking rules is a penalty can be issued. From a minor penalty to disqualification. Students need to show their awareness and provide examples of contest penalties.

The referee is the heart of a judo contest and they use hand signals as a means of indicating their decisions. Students need to demonstrate their knowledge of the signal used when a contest goes to the ground.

To demonstrate their preparedness the student will be tested on the protocol used to enter and start a shiai (official contest match).

POSTURE AND MOVEMENT How a judoka moves, and their posture is a significant indicator of their ability. This comes through randori practice and an understanding of attacking and defensive standing positions. Shizentai is the attacking upright and mobile posture which is fundamental to the throws of Judo.

JUDO SPIRIT: Students should continue to demonstrate their judo spirit and show their awareness of the concepts of Seiryoku Zenyo (Maximum efficiency with minimal effort) and Jitta Kyoei (Mutual Benefit). Judo spirit is the aspect of judo that truly shows a person’s character and confidence. Not everybody is able to a judo champion, but having an attitude of doing one’s best, being focused on making improvements while at the dojo is important to us at El Toro Judo Club. Our ultimate goal is to develop your child as a good citizen.

