



Orange Belt Requirements

Throws and Takedowns

One Leg Throw (Osoto-Gari)

Two Hip Throws (Koshi-Guruma / O-goshi)

One Double Leg (Morote-Gari)

Mount

One way to keep the mount

Collar choke / Armlock

Passing the Guard

Two ways to pass the guard

Two ways to side control

Half Guard

One Half-guard pass