

# Orange/White Belt Requirements

(9-13) years old

## Self Defense

- Chest Push defense
- Head lock defense

## Throws/Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (KoshiGuruma)
- The double leg takedown (Morote-Gari)

## Mount

- One way to transition to the mount
- One way to keep the mount

## Guard

- Spider Guard
- Butterfly Guard
- Bull pass
- Cross Knee Pass
- Stack pass

## Half Guard Pass

- One way to pass the half guard

## Guard Sweeps

- Scissor sweep
- Heel hook sweep
- Balloon sweep
- Butterfly sweep
- Arm muscle sweep

## Side Control

- Two ways to maintain side control

## Escapes

- One way to escape side control
- One way to escape the mount

## Back

- Back Pack
- Back Control

## Submissions

- Two from the Guard
- One from the Mount
- One from the Back
- One from Side Control