

Orange Belt Requirements (10-13)

Throws and Takedowns

- One Leg Throw (Osoto-Gari)
- Two Hip Throws (Koshi-Guruma / O-goshi)
- One Double Leg (Morote-Gari)

Passing the Guard

- Two ways to pass the guard
- Two ways to side control

Half Guard

- One Half-guard pass

Mount

- One way to keep the mount
- Collar choke / Armlock

Escapes

- Two ways to Escape the mount
- One way to Escape the side mount

Back

- Back Control
- Rear naked Choke