



Goju Ryu Shimbukai



ORANGE BELT FACT SHEET

1. Continue with What You Know

The journey is about improving what you already know, develop natural ability, and add with new techniques, strategies and principles.

Start to develop more skill, speed, combinations and reflex. Start to gain more confidence in your own ability. This is an exciting time to start putting basics and principles into practice.

2. Stances

Flow between stances should begin at Orange belt.

3. Develop Your Zanshin

Now you have reached Orange belt, it's vital that you start to learn zanshin. Zanshin is a continued state of awareness.

4. Round and Side Kicks

Start developing your round and sidekicks. Both of these require you turn your hips and alter your weight so it's important that you focus on:

- Keeping the base leg well bent (keeping you stable).
- Keep your hands up during the kick.
- Prepare the knee correctly and follow the true path of the kick (as you do in Basics).
- Shaping the foot correctly.
- Maintaining zanshin (continued state of awareness) after the kick.

5. Kata

Orange belt means you have also been successfully moved onto your 2nd kata. During second kata we start to open our hands and new stance Neko ashi dachi and block Mawashi uke. This starts to prepare you for Self Defence.

But, follow the principles laid out in the 1st kata.

Stay Relaxed and Let it Develop Over Time

With a number of new techniques and principles to focus on it's very easy to expect it all to come together quickly.

REMEMBER: Both your mind and body work best when they are relaxed.

You don't have to perfect this right away. The most important thing you can do is relax and let it develop naturally. Focus on developing one or two things at a time so that you do not get mentally confused.

A mind clouded with too many thoughts often transcends into scrappy, poor-quality footwork, stances, strategy and technique.



Give yourself time to learn and develop your skills. Develop patience and understanding that what you are learning is something you will continue to develop for the rest of your life. Enjoy the journey!

