



**THUNDER BAY JUDO DOJO - 10<sup>th</sup> KYU REQUIREMENTS (Junior Yellow Stripe)**  
**White belt to Yellow Stripe**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
O Soto Otoshi ( Major Outer Drop)	
O Soto Gari (Major Outer Reap)	Shown in motion
De Ashi Barai (Advanced Foot Sweep)	Shown in motion
O Uchi Gari (Major Inner Reap)	Shown in motion
O Goshi (Major Hip Throw)	Shown left and right
<b>NE WAZA (Ground Techniques)</b>	Basic attack and defence.
Hon Kesa Gatame (Regular Scarf Hold)	
Kuzure Kesa Gatame (Modified Scarf Hold)	
Escapes from Hon Kesa Gatame and Kuzure Kesa Gatame	
Cross face turnover	
<b>UKEMI (Breakfalls)</b>	
Koho Ukemi (Back Breakfall)	Seated, squatting, standing
Yoko Ukemi (Side Breakfall)	Lying, from squat, from standing
Zempo Kaiten Ukemi (Forward Rolling Breakfall)	Start from knee and reach through, if required by age/ability.
	Use pilates ball if very young. (body awareness)
<b>OTHER SKILLS</b>	
Shizen Hontai (Natural Standing Posture)	
Jigotai (Defensive Posture)	
Tai Sabaki (Body Movement)	
<b>PRINCIPLES</b>	<b>Understandable Children's Translations!</b>
Seiryoku Zenyo (Maximum Efficiency with Minimum Effort)	"When I push, You Pull. When I pull, you push!"
Jita Kyoei (Mutual Welfare and Benefit)	" We take care of each other as we play and learn!!"

The judoka should attend 30 practices and be able to perform 4 full push-ups, 6 burpees and 10 modified situps. (All 3 of these exercise requirements may be easily practiced at home!  
 Counting One to Ten: Ichi, Ni, San, Shi, Go, Rokku, Sichi, Hachi, Ku, Ju.