



THUNDER BAY JUDO DOJO - 2nd KYU REQUIREMENTS (Senior Blue Belt)
Green Belt to Blue Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Uchi Mata (Inner Thigh)	Shown left and right
Hane Goshi (Springing Hip)	Shown left and right
Ushiro Goshi (Rear Hip)	Shown as counter
Ashi Guruma (Foot Wheel)	Shown in motion
Harai Tsurikomi Ashi (Sweeping lift pull Foot)	Shown in motion
Morote Gari (Two Arm Reap)	Shown in motion
Hikkomi Gaeshi (Pulling Down Counter)	Shown in motion
Sumi Gaeshi (Corner Counter)	Shown in motion
Kuchiki Taoshi (One hand Drop)	Shown in motion
Kibisu kaeshi (Heel Counter)	Shown in motion
Ouchi Kaeshi (Major Inner Counter)	Newaza (Ground Techniques)
Nage No Kata (Forms of Throwing)	Ryote Jime (Two hand Choke)
1 st Set - Te Waza (Hand Techniques)	Tsukkomi Jime (Thrusting Choke)
Uki Otoshi, Seoi Nage, and Kata Guruma	Hiza Gatame (Knee Lock)
2 nd Set - Koshi Waza (Hip Techniques)	Sankaku Jime (Triangular Choke)
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	Demonstrate 2 combinations from list
-To be performed as Uke and Tori	Demonstrate one linking technique into newaza
History of Judo in Canada	
Who was the "Father" of Canadian Judo?	Steve Sasaki, founder of Vancouver judo Club
First Canadian male Judo Olympian? What Year?	Doug Rogers, 1964
First Canadian female Judo Olympian? What Year?	Sandra Greaves, 1988
Knowledge of competition rules/terms	Judo In Canada and the world
	Continuous respectful treatment of others & dojo

The judoka should attend 72 practices and be able to perform 40 full push-ups, 29 burpees/minute and 50 modified situps.(All 3 of these exercise requirements may be easily practiced at home!)

The judoka should have accumulated 10 competition points.