



THUNDER BAY JUDO DOJO - 4th KYU REQUIREMENTS (Junior Blue Stripe)
Going from Solid Green Belt to Blue Stripe

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)	
Ashi Guruma (Foot Wheel)	Shown left and right
Harai Tsurikomi Ashi (Sweeping lift pull Ankle)	
Combination technique	Ouchi Gari to Uchi Mata or Hane Goshi
Combination/Linking technique	Failed Tomoe nage into takedown to Yoko shiho.
Counter technique	Koshi Guruma countered by Ushiro Goshi
	*Random techniques from previous grades.
	Competition terminology and rules.
Other Skills	
Judo specific games, used to develop judo skills.	
Nage no Kata (Forms of Throwing)	
1 st Set - Te Waza	Perform as Tori
(Uki Otoshi, Seoi Nage, Kata Guruma)	
General	
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	

The judoka should attend 36 practices and be able to perform 25 full push-ups, 35 burpees and 40 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 11 years old to be promoted to blue stripe.