



THUNDER BAY JUDO DOJO - 3th KYU REQUIREMENTS (Senior Green Belt)

Orange belt to Green Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Harai Goshi (Sweeping Hip)	Shown left and right
Kata Guruma (Shoulder Wheel)	Shown left and right
Uki Otoshi (Floating Drop)	Shown in motion
Tani Otoshi (Valley Drop)	Shown in motion
Sode Tsurikomi Goshi (Sleeve Lift Pull Hip)	Shown left and right
Hiza Guruma (Knee Wheel)	Shown in motion
Sukui Nage (Scooping Throw)	Shown in motion
Tomoe Nage (Stomach Throw)	Shown in motion
Uki Waza (Floating Technique)	Shown in motion
Osoto Guruma (Major Outer Wheel)	Shown in motion
Renwaku Waza (Combination Techniques)	Newaza (Ground Techniques)
Ouchi gari → Seoi Nage	Kata Gatame (Shoulder Hold)
Seoi Nage → Kesa gatame	Ushiro Kesa Gatame (Reverse Scarf Hold)
Kaeshi Waza (Counter Techniques)	Hadaka Jime (Naked Choke)
O soto gari countered by Harai Goshi	Kataha Jime (Single Wing Choke)
Tani Otoshi as counter	Okuri-eri Jime (Sliding Collar Choke)
Nage No Kata - Koshi Waza	Sode Guruma Jime (Sleeve Wheel Choke)
2 nd Set (Uki Goshi, Harai Goshi, Tsurikomi Goshi)	Ude Garami (Arm Entanglement)
Perform Tori(thrower) and Uke (person thrown)	Ude Gatame (Arm lock)
Terminology	Waki Gatame (Armpit lock)
Hajime (Begin), Matte(Wait)	Other Requirements
Soremade (That is all), Shiai(Tournament)	Judo History (who, when, where, why, from what)
Ippon (Full Point), Waza-Ari(½ point)	Judo In Canada and the world
Uchikomi (repetitions without completing)	Continuous respectful treatment of others & dojo

The judoka should attend 40 practices and be able to perform 30 full push-ups, 27 burpees/minute and 45 modified situps.(All 3 of these exercise requirements may be easily practiced at home!)

The judoka should have accumulated 10 competition points.