



**THUNDER BAY JUDO DOJO - 4<sup>th</sup> KYU REQUIREMENTS (Senior Orange Belt)**  
**Yellow Belt to Orange belt**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
Morote Seoi Nage (Two arm Shoulder Throw)	Shown left and right
Uki Goshi (Floating hip throw)	Shown left and right
Tsuri Goshi (Lifting hip throw)	Shown left and right
Koshi Guruma (Shoulder Wheel)	Shown left and right
Tsurikomi Goshi (Lift/pull hip throw)	Shown left and right
Okuri Ashi Barai (Sliding foot sweep)	Shown in motion
Ko Soto Gake (Minor Outer Reap)	Shown in motion
Ko Uchi Gake (Minor Inner Hook)	Shown in motion
Tsubame Gaeshi (Swallow counter)	
Sasae Tsurikomi Ashi (Propping drawing Ankle)	Shown in motion
<b>UKEMI (Breakfalls)</b>	<b>Newaza (Ground Techniques)</b>
Ma Ukemi (Front break falls)	Kami Shiho Gatame (Locking of upper 4 quarters)
Koho Ukemi (Back break falls)	Kuzure(Modified) Kami Shiho Gatame
Yoko ukemi (Side Break falls)	Tate shiho Gatame (Vertical lock of upper 4 Quarters)
Zempo Kaiten (Forward rolling break falls)	Nami Juji Jime (Normal Cross lock)
<b>OTHER SKILLS</b>	Gyaku Juji jime (Reverse Cross Lock)
Newaza attack through legs	Kata Juji Jime (Half Cross Lock)
2 turnovers from supine position	Juji Gatame
One turnover with Uke in prone position	
<b>Basic Competition Terminology</b>	Jigaro Kano (Founder of Judo)
Hajime (Begin), Soremade (That is all)	In 1882, Judo was derived from Ju Jitsu, in Japan
Matte (Wait), Ippon (full point)	

The judoka should attend 40 practices and be able to perform 20 full push-ups, 20 burpees and 35 modified situps.  
 (All 3 of these exercise requirements may be easily practiced at home!)  
 The judoka should have accumulated 10 competition points.