



THUNDER BAY JUDO DOJO - 8th KYU REQUIREMENTS (Junior Orange Stripe)

Yellow belt to Orange Stripe

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Morote Seoi Nage (Two Arm Shoulder Throw)	Shown left and right
Tsuri Goshi (Lifting Hip Throw)	Shown left and right
Tsurikomi Goshi (Lift-Pull Hip Throw)	Shown left and right
Sasae tsurikomi Ashi (Propping Drawing Ankle)	Shown in motion
Okuri Ashi Barai (Sliding Foot Sweep)	Shown in motion
NE WAZA (Ground Techniques)	
Kami Shiho Gatame(Locking of Upper 4 Quarters)	And escape
Kuzure Kami Shiho Gatame	And escape
(Modified Locking of Upper 4 Quarters)	
1 Attack Through Legs	
1 Turnover from Supine position	
	Ability to demonstrate various ukemi skills
	Random techniques from previous grades.
TERMINOLOGY	
Hajime (Begin)	Wara-Ari (½ Point)
Soremade (That is all)	Shiai (Tournament)
Matte (Wait)	Randori (Free Practice)
Ippon (full point)	Uchikomi (Repetition of technique without throws)
General	
- Respect for dojo rules.	
- Respectful treatment of others.	

The judoka should attend 24 practices and be able to perform 9 full push-ups, 15 burpees and 20 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)