



THUNDER BAY JUDO DOJO - 9th KYU REQUIREMENTS (Junior Yellow Belt)
Going from Yellow Stripe to Solid Yellow

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| NAGE WAZA (Throwing techniques) | Performed to an acceptable standard, based on age/ability. |
| Ippon Seoi Nage (One Arm Shoulder Throw) | Shown left and right |
| Tai Otoshi (Body Drop) | Shown in motion |
| Ko Uchi Gari (Minor Inner Reap) | Shown in motion |
| Ko Soto Gari (Minor Outer Reap) | Shown in motion |
| Uki Goshi (Floating Hip Throw) | Shown in motion |
| NE WAZA (Ground Techniques) | Basic attack and defence. |
| Yoko Shiho Gatame | |
| Escapes from Yoko Shiho Gatame | |
| 2 Turnovers | |
| | *These techniques are in addition to the 10 th Kyu Requirements |
| UKEMI (Breakfalls) | Total 10 throws |
| Ma Ukemi (front break fall) | 4 types of breakfalls |
| | 3 holdowns, 2 turnovers |
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| OTHER SKILLS | OTHER SKILLS |
| Migi Shizentai (Right Natural Posture) | Kuzushi (Breaking balance) |
| Hidari Shizentai (Left Natural Posture) | Tsukure (Fitting In) |
| Migi Jigotai (Right Defensive Posture) | Kake (Finish/Completion) |
| Hidari Jigotai (Left Defensive Posture) | Kumi Kata (Gripping) |
| HISTORY | |
| Jigoro Kano (Founder of Judo) | 1882 (When Judo began) |
| Tokyo, Japan (Where Judo began) | Ju Jitsu (What Judo was derived from) |
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The judoka should attend 30 practices and be able to perform 8 full push-ups, 12 burpees and 20 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 6 years old.