



**THUNDER BAY JUDO DOJO - 5<sup>th</sup> KYU REQUIREMENTS (Senior Yellow Belt)**  
**White belt to Yellow Belt**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
O Soto Otoshi ( Major Outer Drop)	
O Soto Gari (Major Outer Reap)	Shown in motion
De Ashi Barai (Advanced Foot Sweep)	Shown in motion
O Uchi Gari (Major Inner Reap)	Shown in motion
O Goshi (Major Hip Throw)	Shown left and right
Ippon Seoi Nage (One arm shoulder throw)	Shown left and right
Tai Otoshi (Body Drop)	Shown left and right
Ko Uchi Gari (Minor Inner Reap)	Shown in motion
Ko Soto Gari (Minor Outer Reap)	Shown in motion
<b>UKEMI (Breakfalls)</b>	<b>Newaza (Ground Techniques)</b>
Koho Ukemi (Back Breakfall)	Kesa Gatame (Scarf Hold) and escape
Yoko Ukemi (Side Breakfall)	Kuzure Kesa Gatame (Modified Scarf Hold)
Zempo Kaiten Ukemi (Forward Rolling Breakfall)	Yoko Shiho Gatame (Side lock of upper 4 quarter)
Ma Ukemi (Front break fall)	And escapes
<b>OTHER SKILLS</b>	Basic attack and defence
Shizen Hontai (Natural Standing Posture)	Migi/Hidari Shizentai (Right/left natural posture)
Jigotai (Defensive Posture)	Migi/Hidari Jigotai (Right/left Defensive posture)
Tai Sabaki (Body Movement)	Tsugi ashi (shuffle step)
<b>PRINCIPLES</b>	<b>Basic parts of throw</b>
Seiryoku Zenyo (Maximum Efficiency with Minimum Effort)	Kuzushi (Breaking of the balance) Tsukuri (Fitting In) Kake (Finish or completion)
Jita Kyoei (Mutual Welfare and Benefit)	Kumi Kata (Gripping)

The judoka should attend 30 practices and be able to perform 20 full push-ups, 20 burpees and 30 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)  
 Counting One to Ten: Ichi, Ni, San, Shi, Go, Rokku, Sichi, Hachi, Ku, Ju.