



THUNDER BAY JUDO DOJO - 1st KYU REQUIREMENTS (Junior Brown Belt)
Going from Brown Stripe to Solid Brown

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Yoko Guruma (Side Wheel)	Shown left and right
Uchi Mata Sukashi (Inner Thigh Reaping Slip)	Shown left and right
Harai Makikomi (Sweeping Winding)	Shown in motion
O soto Makikomi (Major Outer Winding)	Shown left and right
Uchi Makikomi (Inner Winding)	Shown in motion
Soto Makikomi (Outer Winding)	
Newaza (Ground Techniques)	*Random Techniques from previous grades
Tsukkomi Jime (Thrusting Choke)	
Ryote Jime (Two Hand Choke)	- Combination, counter and linking techniques
Sankaku Jime (Triangular Choke)	
Koshi Jime (Hip Choke)	- Competition rules, nomenclature and standards.
	- Mechanical Analysis of a technique
	(kuzushi, tsukuri, and kake)
Nage no Kata (Forms of Throwing)	
3rd Set - Ashi Waza	Perform as Tori and Uke
(Okuri Ashi Barai, Sasae Tsurikomi Ashi, And Uchi Mata)	Theoretical knowledge of this kata.
General	
- Continuous respect for dojo rules.	- Ability to concentrate for 120 minutes
-Continuous respect for instructors and peers.	

The judoka should attend 20 x 3/week and be able to perform 40 full push-ups, 45 burpees and 60 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 14 years old to be promoted to brown belt.