



THUNDER BAY JUDO DOJO - 1st KYU REQUIREMENTS (Senior Brown Belt)
Blue Belt to Brown Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Sumi Otoshi (Corner Drop)	Shown left and right
O Guruma (Major Wheel)	Shown left and right
Yoko Wakare (Side Separation)	Shown as counter
Yoko Gake (Side Hook)	Shown in motion
Yoko Otoshi (Side Drop)	Shown in motion
Yoko Guruma (Side Wheel)	Shown in motion
Uchi Mata Sukashi (Inner Thigh)	Shown in motion
Harai Makikomi (Sweeping Winding)	Shown in motion
Osoto Makikomi (Major Outer Winding)	Shown in motion
Uchi Makikomi (Inner Winding)	Shown in motion
Soto Makikomi (Outer Winding)	Newaza (Ground Techniques)
Nage No Kata (Forms of Throwing)	Koshi Jime (Hip Choke)
1 st Set - Te Waza (Hand Techniques)	Hara Gatame (Stomach Lock)
Uki Otoshi, Seoi Nage, and Kata Guruma	
2 nd Set - Koshi Waza (Hip Techniques)	
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	
-To be performed as Uke and Tori	Demonstrate one linking technique into newaza
	Demonstrate 2 combinations from list
Mechanical analysis of a chosen technique	
(kuzushi, tsukuri and kake).	
	Knowledge of Judo traditions and heritage
Knowledge of competition rules/terms.	Knowledge of Judo In Canada and the world.
	Continuous respectful treatment of others & dojo

The judoka should attend a minimum 3 times per week for 15 weeks, and be able to perform 40 full push-ups, 29 burpees/minute and 50 modified situps.(All 3 of these exercise requirements may be easily practiced at home!)

The judoka should have the ability to concentrate for a minimum of 120 minutes.

The judoka should have accumulated 10 competition points.