



THUNDER BAY JUDO DOJO - 2nd KYU REQUIREMENTS (Junior Brown Stripe)
Going from Solid Blue Belt to Brown Stripe

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Sumi Otoshi (Corner Counter)	Shown left and right
O Guruma (Major Wheel)	Shown left and right
Yoko Wakare (Side Separation)	Shown in motion
Yoko Gake (Side Hook)	Shown left and right
Yoko Otoshi (Side Drop)	Shown in motion
Newaza (Ground Techniques)	
Nami Juji Jime (Normal Cross lock)	*Random Techniques from previous grades
Gyaku Juji Jime (Reverse Cross Lock)	
Kata Juji Jime (Half Cross Lock)	
Okuri Eri Jime (Sliding Collar Lock)	Combination, counter and linking techniques
Hadaka Jime (Naked Choke)	
Kataha Jime (Single Wing Lock)	Competition terminology and rules.
Sode Guruma Jime (Sleeve Wheel Lock)	
Nage no Kata (Forms of Throwing)	
3rd Set - Ashi Waza	Perform as Tori
(Okuri Ashi Barai, Sasae Tsurikomi Ashi, And Uchi Mata)	
General	
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	

The judoka should attend 10 x 3/week and be able to perform 38 full push-ups, 43 burpees and 55 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 13 years old to be promoted to brown stripe.