



**THUNDER BAY JUDO DOJO - 3<sup>th</sup> KYU REQUIREMENTS (Junior Blue Belt)**  
**Going from Blue Stripe to Solid Blue Belt**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
Morote Gari (Two Hand Reap)	Shown left and right
Hikkomi Gaeshi (Pulling Down Counter)	Shown left and right
Sumi Gaeshi (Corner Counter)	Shown in motion
Kuchiki Taoshi (One Hand Drop)	Shown left and right
Kibisu Gaeshi (Heel Trip)	Shown in motion
O Uchi Gaeshi (Major Inner Counter)	Shown in motion
	*Random Techniques from previous grades
<b>Newaza: (Ground Techniques)</b>	
Makura Kesa Gatame (Pillow Scarf hold)	
	Combination, counter and linking techniques
<b>Terminology:</b>	
Renraku Waza (Combination Technique)	Competition terminology and rules.
Shime Waza (Choking Technique)	
Tachi Waza (Standing Technique)	
Kansetsu Waza (Armlock technique)	
<b>Nage no Kata (Forms of Throwing)</b>	
1 <sup>st</sup> Set - Te Waza	Perform as Tori and Uke
(Uki Otoshi, Seoi Nage, Kata Guruma)	
And 2 <sup>nd</sup> set - Koshi waza	Perform as Tori and Uke
<b>General</b>	
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	

The judoka should attend 36 practices and be able to perform 35 full push-ups, 40 burpees and 50 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 12 years old to be promoted to blue belt.