



THUNDER BAY JUDO DOJO - 5th KYU REQUIREMENTS (Junior Green Belt)

Going from Green Stripe to Solid Green Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Uki Otoshi (Floating Drop)	Shown left and right
Tomoe Nage (Stomach Throw)	Shown left and right
Sukui Nage (Scooping Throw)	
Uki Waza (Floating technique)	Shown left and right
Combination technique	Seoi Nage into Kesa Gatame
Combination technique	O Uchi gari to Seoi Nage
Counter technique	Harai Goshi to counter Osoto Gari
	*Random techniques from previous grades.
Newaza (Ground techniques)	
Ushiro Kesa Gatame (Reverse Scarf Hold)	
	Competition terminology and rules.
Other Skills	
Judo specific games, used to develop judo skills.	
Nage no Kata (Forms of Throwing)	
2nd Set - Koshi Waza	Perform as Uke and Tori
(Uki Goshi, Harai Goshi, Tsurikomi Goshi)	
General	
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	

The judoka should attend 36 practices and be able to perform 17 full push-ups, 30 burpees and 30 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 10 years old to be promoted to green belt.