



**THUNDER BAY JUDO DOJO - 6<sup>th</sup> KYU REQUIREMENTS (Junior Green Stripe Belt)**  
**Going from Solid Orange belt to Green Stripe**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
Harai Goshi (Sweeping Hip Throw)	Shown left and right
Hiza Guruma (Knee Wheel)	Shown left and right
O soto Guruma (Major Outer Wheel)	Shown in motion
Tani Otoshi (Valley Drop)	Shown left and right
Kata guruma (Shoulder Wheel)	Shown left and right
1 combination technique	
1 counter technique	
	*Random techniques from previous grades.
<b>Newaza (Ground techniques)</b>	
Kata Gatame (Shoulder Hold)	
	Basic Competition terminology
<b>Other Skills</b>	
Judo specific games, used to develop judo skills.	
<b>History of Judo in Canada</b>	
Who was the "father of Canadian Judo"?	Steve Sasaki, founder of Vancouver Judo Club.
Who was Canada's first male judo Olympian?	Doug Rogers, in the Tokyo Olympics of 1964
Who was Canada's first female judo Olympian?	Sandra Greaves, in the Seoul Olympics of 1988
<b>General</b>	
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	

The judoka should attend 45 practices and be able to perform 13 full push-ups, 25 burpees and 25 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)