



THUNDER BAY JUDO DOJO - 7th KYU REQUIREMENTS (Junior Orange Belt)

Going from Orange Stripe to Solid Orange belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Sode Tsurikomi Goshi (Sleeve lift pull Hip Throw)	Shown left and right
Tsubame Gaeshi (Swallow Counter)	Shown left and right
Okuri Ashi Barai (Sliding Foot Sweep)	Shown in motion
Ko Soto Gake (Minor Outer Hook)	
Ko Uchi Gake (Minor Inner Hook)	Shown in motion
NE WAZA (Ground Techniques)	
Tate Shiho Gatame	And escapes
(Vertical locking of the Upper 4 Quarters)	
A 2 nd Way to Attack Through Legs	
1 Turnover with Uke in prone position	
	*Random techniques from previous grades.
History	
Why did Kano develop our sport of Judo?	Because Ju-Jitsu lacked guiding principles.
TERMINOLOGY	
Hajime (Begin)	Wara-Ari (½ Point)
Soremade (That is all)	Shiai (Tournament)
Matte (Wait)	Randori (Free Practice)
Ippon (full point)	Uchikomi (Repetition of technique without throws)
General	
- Respect for dojo rules.	
- Respectful treatment of others.	

The judoka should attend 24 practices and be able to perform 10 full push-ups, 20 burpees and 20 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)

Minimum 8 years old.