



**THUNDER BAY JUDO DOJO - 8<sup>th</sup> KYU REQUIREMENTS (Junior Orange Stripe)**

**Yellow belt to Orange Stripe**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
Morote Seoi Nage (Two Arm Shoulder Throw)	Shown left and right
Tsuri Goshi (Lifting Hip Throw)	Shown left and right
Tsurikomi Goshi (Lift-Pull Hip Throw)	Shown left and right
Sasae tsurikomi Ashi (Propping Drawing Ankle)	Shown in motion
Okuri Ashi Barai (Sliding Foot Sweep)	Shown in motion
<b>NE WAZA (Ground Techniques)</b>	
Kami Shiho Gatame(Locking of Upper 4 Quarters)	And escape
Kuzure Kami Shiho Gatame	And escape
(Modified Locking of Upper 4 Quarters)	
1 Attack Through Legs	
1 Turnover from Supine position	
	Ability to demonstrate various ukemi skills
	Random techniques from previous grades.
<b>TERMINOLOGY</b>	
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)
<b>General</b>	
- Respect for dojo rules.	
- Respectful treatment of others.	

The judoka should attend 24 practices and be able to perform 9 full push-ups, 15 burpees and 20 modified situps. (All 3 of these exercise requirements may be easily practiced at home!)