



THUNDER BAY JUDO DOJO - 1st KYU REQUIREMENTS (Junior Brown Belt)
Going from Brown Stripe to Solid Brown

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Yoko Guruma (Side Wheel)	Shown left and right
Uchi Mata Sukashi (Inner Thigh Reaping Slip)	Shown left and right
Harai Makikomi (Sweeping Winding)	Shown in motion
O soto Makikomi (Major Outer Winding)	Shown left and right
Uchi Makikomi (Inner Winding)	Shown in motion
Soto Makikomi (Outer Winding)	
Uchi Mata Makikomi (Inner Thigh Winding)	
Hane Makikomi (Springing Winding)	
Kawazu Gake (One Leg Entanglement Hook)	
Kani Basami (Crab Scissors)	*Demonstration of randori
*4 random Techniques from previous grades	Combination, counter and linking techniques
Newaza (Ground Techniques)	
Shime Waza (14+)	Kansetsu Waza (14+)
Sankaku Jime (Triangular Choke)	Hara Gatame (Stomach Lock)
Koshi Jime (Hip Choke)	Ashi Gatame (Leg Armlock)
Do Jime (Rib Choke)	Te Gatame (Single Hand Armlock)
Nage no Kata (Forms of Throwing)	
1 st Set - Te Waza (Hand Techniques)	Perform as Tori and Uke
Uki Otoshi, Seoi Nage, and Kata Guruma	Theoretical knowledge of this kata.
2 nd Set - Koshi Waza (Hip Techniques)	
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	
3 rd Set – Ashi Waza (Leg Techniques)	
Okuri Ashi Harai, Sasae Tsurikomi Ashi, and Uchi Mata	
General	
- Continuous respect for dojo rules.	- Ability to concentrate for 120 minutes
-Continuous respect for instructors and peers.	Mechanical Analysis of a technique
Competition rules, nomenclature and standards.	(kuzushi, tsukuri, and kake)

The judoka should attend 20 x 3/week and be able to perform 40 full push-ups, 45 burpees and 60 modified situps.

(All 3 of these exercise requirements may be easily practiced at home!

Minimum 14 years old to be promoted to brown belt.