



THUNDER BAY JUDO DOJO - 2nd KYU REQUIREMENTS (Senior Blue Belt)
Green Belt to Blue Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Uchi Mata (Inner Thigh)	Shown left and right
Hane Goshi (Springing Hip)	Shown left and right
Ushiro Goshi (Rear Hip)	Shown as counter
Ashi Guruma (Foot Wheel)	Shown in motion
Harai Tsurikomi Ashi (Sweeping lift pull Foot)	Shown in motion
Morote Gari (Two Arm Reap)	Shown in motion
Hikkomi Gaeshi (Pulling Down Counter)	Shown in motion
Sumi Gaeshi (Corner Counter)	Shown in motion
Kuchiki Taoshi (One hand Drop)	Shown in motion
Kibisu kaeshi (Heel Counter)	Shown in motion
Ouchi Gaeshi (Major Inner Counter)	
Tawara Gaeshi (Rice Bag Reversal)	
Obi Otoshi (Belt Drop)	Hane Goshi Gaeshi (Spring Hip Counter)
Yama Arashi (Mountain Storm)	Uchimata Gaeshi (Inner Thigh Counter)
*3 random technique from previous grades.	*Demonstration of randori
Newaza (Ground Techniques)	*Demonstrate 2 combinations from list
Makura Kesa Gatame (Pillow Style Scarf Hold) & escape	*Demonstrate one linking technique into newaza
Shime Waza	Kansetsu Waza
Ryote Jime (Two hand Choke)	Hiza Gatame (Knee Lock)
Tsukkomi Jime (Thrusting Choke)	Sankaku Gatame (Triangular Lock)
Sankaku Jime (Triangular Choke) 3 variations	
Nage No Kata (Forms of Throwing)	Other Requirements
1 st Set - Te Waza (Hand Techniques)	Judo In Canada and the world
Uki Otoshi, Seoi Nage, and Kata Guruma	Continuous respectful treatment of others & dojo
2 nd Set - Koshi Waza (Hip Techniques)	
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	
-To be performed as Uke and Tori	

The judoka should attend 72 practices and be able to perform 40 full push-ups, 18 burpees/minute and 50 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!
 The judoka should have accumulated 10 technical points.