



THUNDER BAY JUDO DOJO - 3th KYU REQUIREMENTS (Junior Blue Belt)
Going from Blue Stripe to Solid Blue Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Morote Gari (Two Hand Reap)	Shown left and right
Hikkomi Gaeshi (Pulling Down Counter)	Shown left and right
Sumi Gaeshi (Corner Counter)	Shown in motion
Kuchiki Taoshi (One Hand Drop)	Shown left and right
Kibisu Gaeshi (Heel Trip)	Shown in motion
O Uchi Gaeshi (Major Inner Counter)	Shown in motion
Yama Arashi (Mountain Storm)	
Obi Otoshi (Belt Drop)	
	*Demonstration of randori
Combination, counter and linking techniques	*3 random Techniques from previous grades
Newaza: (Ground Techniques)	Kansetsu Waza (14+)
Makura Kesa Gatame (Pillow Scarf hold)	Ude Garami (Arm Entanglement)
Shime Waza (14+)	Ude Gatame (Arm lock)
Sankaku Jime (Triangular Choke) 3 variations	Waki Gatame (Armpit lock)
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	
2 nd Set - Koshi Waza (Hip Techniques)	Perform as Tori and Uke
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	Terminology:
General	See terminology sheets
- Continuous respect for dojo rules.	
-Continuous respect for instructors and peers.	
Competition terminology and rules.	

The judoka should attend 36 practices and be able to perform 35 full push-ups, 40 burpees and 50 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!

Minimum 12 years old to be promoted to blue belt.