



THUNDER BAY JUDO DOJO - 3th KYU REQUIREMENTS (Senior Green Belt)
Orange belt to Green Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Harai Goshi (Sweeping Hip)	Shown left and right
Kata Guruma (Shoulder Wheel)	Shown left and right
Uki Otoshi (Floating Drop)	Shown in motion
Tani Otoshi (Valley Drop)	Shown in motion
Sode Tsurikomi Goshi (Sleeve Lift Pull Hip)	Shown left and right
Hiza Guruma (Knee Wheel)	Shown in motion
Sukui Nage (Scooping Throw)	Shown in motion
Tomoe Nage (Stomach Throw)	Shown in motion
Uki Waza (Floating Technique)	Shown in motion
Osoto Guruma (Major Outer Wheel)	Shown in motion
Seoi Otoshi (Shoulder Drop)	
Harai Goshi Gaeshi (Sweeping Hip Counter)	
*2 random technique from previous grades.	*Demonstration of randori
Renwaku Waza (Combination Techniques)	Newaza (Ground Techniques)
Ouchi gari → Seoi Nage	Kata Gatame (Shoulder Hold) & escape
Seoi Nage → Kesa gatame	Ushiro Kesa Gatame (Reverse Scarf Hold) & escape
Kaeshi Waza (Counter Techniques)	Hadaka Jime (Naked Choke)
O Soto Gari countered by Harai Goshi	Kataha Jime (Single Wing Choke)
Tani Otoshi as counter	Okuri-eri Jime (Sliding Collar Choke)
Nage No Kata - Koshi Waza	Sode Guruma Jime (Sleeve Wheel Choke)
2 nd Set (Uki Goshi, Harai Goshi, Tsurikomi Goshi)	Ude Garami (Arm Entanglement)
Perform Tori (thrower) and Uke (person thrown)	Ude Gatame (Arm lock)
History of Judo in Canada	Waki Gatame (Armpit lock)
Who was the "father of Canadian Judo"? Steve Sasaki, founder of Vancouver Judo Club.	Other Requirements
Who was Canada's first male judo Olympian? Doug Rogers, in the Tokyo Olympics of 1964	- Continuous respect for dojo rules.
Who was Canada's first female judo Olympian? Sandra Greaves, in the Seoul Olympics of 1988	-Continuous respect for instructors and peers.
	-Tournament rules

The judoka should attend 40 practices and be able to perform 30 full push-ups, 17 burpees/minute and 45 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!
 The judoka should have accumulated 10 technical points.