



THUNDER BAY JUDO DOJO - 4th KYU REQUIREMENTS (Senior Orange Belt)
Yellow Belt to Orange belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Morote Seoi Nage (Two arm Shoulder Throw)	Shown left and right
Tsuri Goshi (Lifting hip throw)	Shown left and right
Koshi Guruma (Hip Wheel)	Shown left and right
Tsurikomi Goshi (Lift/pull hip throw)	Shown left and right
Okuri Ashi Barai (Sliding foot sweep)	Shown left and right
Ko Soto Gake (Minor Outer Hook)	Shown in motion
Ko Uchi Gake (Minor Inner Hook)	Shown in motion
Tsubame Gaeshi (Swallow counter)	
Sasae Tsurikomi Ashi (Propping drawing Ankle)	Shown in motion
Ko Uchi Makikomi (Minor Inner Winding)	
O Soto Gaeshi (Major Outer Counter)	
O Uchi Gaeshi (Major Inner Counter)	
*1 random technique from previous grades.	*Demonstration of randori
UKEMI (Breakfalls)	Newaza (Ground Techniques)
Ma Ukemi (Front break falls)	Kami Shiho Gatame (Locking of upper 4 quarters)
Koho Ukemi (Back break falls)	Kuzure(Modified) Kami Shiho Gatame
Yoko ukemi (Side Break falls)	Tate shiho Gatame(Vertical lock of 4 Quarters)
Zempo Kaiten (Forward rolling break falls)	and escapes from these holds
OTHER SKILLS	Shime Waza (Strangulation Techniques)
Newaza attack through legs	Nami Juji Jime (Normal Cross Strangle)
2 attacks with Uke facing up (supine)	Gyaku Juji jime (Reverse Cross Strangle)
One turnover with Uke facing down (prone)	Kata Juji Jime (Half Cross Strangle)
	Kansetsu Waza (Joint Lock Techniques)
	Juji Gatame (Cross Lock)
Basic Competition Terminology	See terminology sheets

The judoka should attend 40 practices and be able to perform 20 full push-ups, 20 burpees and 35 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!
 The judoka should have accumulated 10 competition points.