



THUNDER BAY JUDO DOJO - 7th KYU REQUIREMENTS (Junior Orange Belt)
Going from Orange Stripe to Solid Orange belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Tsubame Gaeshi (Swallow Counter)	Shown left and right
Okuri Ashi Barai (Sliding Foot Sweep)	Shown in motion
Ko Soto Gake (Minor Outer Hook)	Shown in motion
Ko Uchi Gake (Minor Inner Hook)	Shown in motion
Koshi Guruma (Hip Wheel)	Shown in motion
Ko Uchi Makikomi (Minor Inner Wraparound)	
O Soto Gaeshi (Major Outer Counter)	
NE WAZA (Ground Techniques)	Shime Waza (14+)
Tate Shiho Gatame And escapes	Nami Juji Jime (Normal Cross Strangle)
(Vertical locking of the 4 Quarters)	Gyaku Juji Jime (Reverse Cross Strangle)
A 2 nd Way to Attack Through Legs	Kata Juji Jime (Half Cross Strangle)
1 Turnover with Uke on their stomach (prone)	
*1 random technique from previous grades.	*Demonstration of randori
History	
Why did Kano develop our sport of Judo?	Because Ju-Jitsu lacked guiding principles.
TERMINOLOGY	See terminology sheets
General	
- Respect for dojo rules.	
- Respectful treatment of others.	

The judoka should attend 24 practices and be able to perform 10 full push-ups, 20 burpees and 20 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!
 Minimum 8 years old.