



THUNDER BAY JUDO DOJO - 9th KYU REQUIREMENTS (Junior Yellow Belt)
Going from Yellow Stripe to Solid Yellow

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Ippon Seoi Nage (One Arm Shoulder Throw)	Shown left and right
Tai Otoshi (Body Drop)	Shown in motion
Ko Uchi Gari (Minor Inner Reap)	Shown in motion
Ko Soto Gari (Minor Outer Reap)	Shown in motion
Uki Goshi (Floating Hip Throw)	Shown in motion
NE WAZA (Ground Techniques)	Basic attack and defence.
Yoko Shiho Gatame (Locking of the Side 4 Quarters)	
Escapes from Yoko Shiho Gatame	
2 Turnovers	
	*These techniques are in addition to the 10 th Kyu Requirements
UKEMI (Breakfalls)	Total 10 throws
Ma Ukemi (front break fall)	4 types of breakfalls
	3 holdowns, 2 turnovers
OTHER SKILLS	
Migi Shizentai (Right Natural Posture)	
Hidari Shizentai (Left Natural Posture)	
Migi Jigotai (Right Defensive Posture)	
Hidari Jigotai (Left Defensive Posture)	
HISTORY	
Jigoro Kano (Founder of Judo)	1882 (When Judo began)
Tokyo, Japan (Where Judo began)	Ju Jitsu (What Judo was derived from)

The judoka should attend 30 practices and be able to perform 8 full push-ups, 12 burpees and 20 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!

Minimum 6 years old.