



THUNDER BAY JUDO DOJO - 5th KYU REQUIREMENTS (Senior Yellow Belt)

White belt to Yellow Belt

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
O Soto Otoshi (Major Outer Drop)	Shown in motion
O Soto Gari (Major Outer Reap)	Shown in motion
De Ashi Barai (Advanced Foot Sweep)	Shown in motion
O Uchi Gari (Major Inner Reap)	Shown in motion
O Goshi (Major Hip Throw)	Shown left and right
Ippon Seoi Nage (One arm shoulder throw)	Shown left and right
Tai Otoshi (Body Drop)	Shown left and right
Ko Uchi Gari (Minor Inner Reap)	Shown in motion
Ko Soto Gari (Minor Outer Reap)	Shown in motion
Uki Goshi (Floating Hip)	Shown in motion
UKEMI (Breakfalls)	Newaza (Ground Techniques)
Koho Ukemi (Back Breakfall)	Hon Kesa Gatame (Scarf Hold)
Yoko Ukemi (Side Breakfall)	Kuzure Kesa Gatame (Modified Scarf Hold)
Zempo Kaiten Ukemi (Forward Rolling Breakfall)	Yoko Shiho Gatame (Lock of side 4 quarter)
Ma Ukemi (Front break fall)	And escapes from these holds, 2 turnovers
OTHER SKILLS	Basic attack and defence
Shizen Hontai (Natural Standing Posture)	Migi/Hidari Shizentai (Right/left natural posture)
Jigotai (Defensive Posture)	Migi/Hidari Jigotai (Right/left Defensive posture)
Tai Sabaki (Body Movement)	Tsugi ashi (shuffle step)
PRINCIPLES	HISTORY
Seiryoku Zenyo (Maximum Efficiency with Minimum Effort)	Jigoro Kano (Founder of Judo)
Jita Kyoei (Mutual Welfare and Benefit)	Tokyo, Japan (Where Judo began)
	1882 (When Judo began)
	Ju Jitsu (What Judo was derived from)

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

Counting One to Ten: Ichi, Ni, San, Shi, Go, Rokku, Sichi, Hachi, Ku, Ju.