



THUNDER BAY JUDO DOJO - 2nd KYU REQUIREMENTS (Junior Brown Stripe)
Going from Solid Blue Belt to Brown Stripe

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Sumi Otoshi (Corner Counter)	Shown left and right
O Guruma (Major Wheel)	Shown left and right
Yoko Wakare (Side Separation)	Shown in motion
Yoko Gake (Side Hook)	Shown left and right
Yoko Otoshi (Side Drop)	Shown in motion
Utsuri Goshi (Switching Hip)	
Ura Nage (Rear Throw)	
Daki Wakare (Rear Trunk Turnover)	
Newaza (Ground Techniques)	Shime Waza (14+)
Uki Gatame (Floating Hold)	Kata Te Jime (Single Hand Strangle)
Ura Gatame (Reverse Hold)	Hadaka Jime (Naked Strangle)
	Kataha Jime (Single Wing Strangle)
Combination, counter and linking techniques	Competition terminology and rules.
*Random Techniques from previous grades	
Nage no Kata (Forms of Throwing)	
1 st Set - Te Waza (Hand Techniques)	Perform as Tori
Uki Otoshi, Seoi Nage, and Kata Guruma	
2 nd Set - Koshi Waza (Hip Techniques)	
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	
3 rd Set – Ashi Waza (Leg Techniques)	
Okuri Ashi Harai, Sasae Tsurikomi Ashi, and Uchi Mata	
	History of Judo in NW Ontario
General	Hiroshi (Rush) Mitani – First brought judo to area
- Continuous respect for dojo rules.	Kevin Kennedy, Sven Petzschler – Founder of TBJD
-Continuous respect for instructors and peers.	Bill Doherty – Founder of Lakehead Budokan

The judoka should attend 10 x 3/week and be able to perform 38 full push-ups, 43 burpees and 55 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!

Minimum 13 years old to be promoted to brown stripe.