



**THUNDER BAY JUDO DOJO - 5<sup>th</sup> KYU REQUIREMENTS (Junior Green Belt)**  
**Going from Green Stripe to Solid Green Belt**

<b>NAGE WAZA (Throwing techniques)</b>	<b>Performed to an acceptable standard, based on age/ability.</b>
Uki Otoshi (Floating Drop)	Shown left and right
Tomoe Nage (Stomach Throw)	Shown left and right
Sukui Nage (Scooping Throw)	
Uki Waza (Floating technique)	Shown left and right
Harai Goshi Gaeshi (Sweeping Hip Counter)	
<b>Renwaku Waza (Combination Techniques)</b>	<b>Kaeshi Waza (Counter Techniques)</b>
Seoi Nage → Kesa gatame	Harai Goshi to counter Osoto Gari
Ouchi gari → Seoi Nage	Tani Otoshi as a counter
*2 random techniques from previous grades.	*Demonstration of randori
<b>Newaza (Ground techniques)</b>	<b>Shime Waza (14+)</b>
Ushiro Kesa Gatame (Reverse Scarf Hold) & escape	Kataha Jime (Single Wing Choke)
	Sode Guruma Jime (Sleeve Wheel Choke)
	<b>Kansetsu Waza (Joint Lock Techniques)</b>
	Juji Gatame (Cross Lock)
<b>Nage no Kata (Forms of Throwing)</b>	
2nd Set - Koshi Waza	Perform as Uke and Tori
(Uki Goshi, Harai Goshi, Tsurikomi Goshi)	
<b>General</b>	<b>Other Skills</b>
- Continuous respect for dojo rules.	Judo specific games, used to develop judo skills.
-Continuous respect for instructors and peers.	Competition terminology and rules.
<b>History of Judo in Canada</b>	
Who was the "father of Canadian Judo"?	Steve Sasaki, founder of Vancouver Judo Club.
Who was Canada's first male judo Olympian?	Doug Rogers, in the Tokyo Olympics of 1964
Who was Canada's first female judo Olympian?	Sandra Greaves, in the Seoul Olympics of 1988

The judoka should attend 36 practices and be able to perform 17 full push-ups, 25 burpees and 30 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!  
 Minimum 10 years old to be promoted to green belt.