



THUNDER BAY JUDO DOJO - 6th KYU REQUIREMENTS (Junior Green Stripe Belt)
Going from Solid Orange belt to Green Stripe

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Harai Goshi (Sweeping Hip Throw)	Shown left and right
Hiza Guruma (Knee Wheel)	Shown left and right
O soto Guruma (Major Outer Wheel)	Shown in motion
Tani Otoshi (Valley Drop)	Shown left and right
Kata guruma (Shoulder Wheel)	Shown left and right
Sode Tsurikomi Goshi (Sleeve Pull Hip)	Shown left and right
Seoi Otoshi (Shoulder Drop)	
Renwaku Waza (Combination Techniques)	Newaza (Ground techniques)
1 combination technique	Kata Gatame (Shoulder Hold) & escape
Kaeshi Waza (Counter Techniques)	Shime Waza (14+)
1 counter technique	Hadaka Jime (Naked Choke)
	Okuri-eri Jime (Sliding Collar Choke)
*Random techniques from previous grades.	
Other Skills	
Judo specific games, used to develop judo skills.	
Basic Competition terminology	
History of Judo in Canada	
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
General	
- Continuous respect for dojo rules.	-Tournament rules, terms for points, penalties
-Continuous respect for instructors and peers.	

The judoka should attend 45 practices and be able to perform 13 full push-ups, 15 burpees and 25 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!