



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## BLUE/BROWN BELT



### FITNESS GOALS

Burpees (Maximum for 14 & Older: maximum in 60 seconds)

Sit-ups (Maximum)

Push-ups (Maximum on knees if unable to normal push-ups)

V02 Max Shuttle (Run test score (for children 10 years of age and older)

### FITNES GOALS

**Push up**

**U16**

**16+**

40

50

**Sit up**

32

36

**Burpee in 60 seconds**

27

31

### NAGE-WAZA

Koshi-guruma

Choice of direction

Harai-makikomi

Choice of direction

O-soto-makikomi

Sumi-otoshi

Choice of direction

### TRANSITION SKILLS

Chosen by the judoka Makikomi-waza

Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. front to back)

Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. left to right)

Uchi-mata-sukashi

### NE-WAZA

Ryote-jime

Ashi-gatame

Sode-guruma-jime

Te-gatame

Tsukkomi-jime

### OTHER SKILLS

Nage-no-Kata: Te-waza, Koshi-waza, Ashi-waza (Tori)

Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique

Knowledge of Judo tradition and heritage



## Blue/Brown Belt (Grading Requirements Continued ...



### Participants of all Ages Requirements for grading to Blue/Brown Belt

A minimum of 72 practices of 90 – 120 minutes as a blue belt

Practicing judo skills right and left All Nage-waza skills must be demonstrated with a good theoretical understanding of the kuzushi-tsukuri-kake principles

Honour and Modesty must be demonstrated in the behaviour of the Respectful treatment of peers and instructors and respect of fair play and rules

Demonstrate Nage-no-Kata 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> set as tori Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada and Judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology.

Outstanding judoka who meets the minimum required competition