



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



BLUE 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

U16

16+

Push-ups

35

40

Sit-ups

28

30

Burpees in 60 seconds

25

29

NAGE-WAZA

Uchi-mata

Tori retreating or turning

Hane-goshi-gaeshi

Uke retreating and attempting Hane-goshi

Ko-uchi-gaeshi

Uke retreating and attempting Ko-uchi-gari

Uchi-mata- gaeshi

Uke retreating or turning and attempting Uchi-mata

TRANSITION SKILLS

Chosen by the judoka Kaeshi-waza

Chosen by the judoka transition from Tachi-waza to Ne-waza

Chosen by the judoka transition between two Ne-waza techniques

Fake forward into Tani-otoshi

NE-WAZA

Kataha-jime

Hara-gatame

Katate-jime

Turnover into Kansetsu-waza of choice

Turnover into Shime-waza of choice

OTHER SKILLS

Nage-no-Kata: 3 sets

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

Knowledge of Judo origin and history (where, when, who, why, from what)



Minimum age for a Blue Belt promotion is 13 Years Old

General information: A vast majority of judoka in Canada who reach this level of skill development are experiencing various stages of puberty. This period of life offers an unprecedented window of opportunity for development of athletic capacities and judo training to address it. The performance capacity in all sports is always the athleticism of the individual. For this reason, judo training for youth at this development stage has to offer an optimal training stimulus that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged. Nage-no-Kata first and second set should be practised at this stage.

All eligible judoka of all age groups Requirements for grading to Blue Belt

- A minimum of 72 practices of duration 90 – 120 minutes as a green belt
- Practicing judo skills both right and left
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training
- Demonstrate courtesy and honesty
- Demonstrate Nage-no-Kata 1st and 2nd 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 experience standard as defined in the Judo Canada LTDM are eligible for a fast track grading.