



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## 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

#### U16

#### 16+

Push up

40

50

Sit up

32

36

Burpee in 60 seconds

27

31

### NAGE-WAZA

Ura-nage

Choice of direction

Yoko-guruma

Choice of direction

Ko-uchi-makikomi

Yoko-gake

Yoko-wakare

### TRANSITION SKILLS

Chosen by the judoka 2 Tokui-waza in Tachi-waza

Chosen by the judoka 2 Tokui-waza in Ne-waza

Chosen by the judoka 2 transition Tokui waza

### NE-WAZA

Sankaku-gatame (Kansetsu-waza)

Sankaku-jime

2 Transition from Tachi-waza to Ne-waza

2 Turnovers into Shime-waza of choice

2 Turnovers into Kansetsu-waza of choice

### OTHER SKILLS

Life Skill: MODESTY



## Brown Belt (1<sup>st</sup> Kyu) Grading Requirements Continued ...



### Participants of all Ages Requirements for grading to 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