



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



GREEN 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

Yoko-otoshi	Tori tsugi ashi moving sideways
Harai-tsurikomi-ashi	Tori moving forward ayumi-ashi / tori turning motion tsugi ashi
Sumi-gaeshi	Tori moving forward or retreating ayumi ashi or turning motion tsugi ashi
Tomoe-nage	Tori retreating or advancing ayumi ashi
Kata-guruma (Competition Style)	Put head under armpit in uki-waza position while throwing opponent like in uki-waza. (Do not touch leg)

TRANSITION SKILLS

Tsuri-komi-goshi to O-uchi-gari

O-uchi-gari to Okuri-ashi-barai

Harai-goshi to O-soto-gari

O-uchi-gari-gaeshi

NE-WAZA

Juji-gatame

Kata-juji-jime

Ude-gatame

OTHER SKILLS

Nage-no-Kata 1st Set

Ne waza defence principles when in turtle position

Ne waza defence principles when in guard position

Tachi-waza blocking forward throwing techniques

Turn over into choke Shime waza when uke in turtle position

Life Skill: HONOUR



10-11 years of age
Requirements for grading to Orange/Green Belt

- Practise judo as orange belt for a minimum of one year with a minimum of 2 sessions per week.
- 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

12-16 years of age and older
Requirements for grading to Orange/Green Belt

- If the exam is required, the judoka is not getting promoted through the exceptional competitive stream, same minimum requirements as for 10-11 years old
- Demonstrate Nage-no-Kata 1st set as tori
- Fast track grading is available for outstanding competition results – as described earlier in this guide. judoka who competes in the number of events per season as recommended in the LTDM.