



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## ORANGE/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 up

35

40

Sit up

26

28

Burpees in 60 seconds

25

29

### NAGE-WAZA

Harai-goshi

Tori retreating ayumi-ashi and/or tori moving in sideways tsugi-ashi, sleeve side.

Tani-otoshi

Tori advancing ayumi-ashi.

Sode-tsurikomi-goshi

Tori retreating ayumi-ashi.

Yoko-tomoe-nage

Tori tsugi ashi moving sideways.

### TRANSITION SKILLS

Tani-otoshi as counter vs. tsuri-komi-goshi

Ko-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)

O-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)

### NE-WAZA

Sankaku-gatame (osaekomi-waza)

Nami-juji-jime (U16 & Up)

Ude-garami (U18 & Up)

Gyaku-juji-jime (U16 & Up)

### OTHER SKILLS

Ne-waza turnovers of Uke when Tori in guard position.

Passing the guard in Ne-waza

Life Skill: COURTESY



**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 1<sup>st</sup> 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.