



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



ORANGE 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	U10	U12	U16	16+
Push ups	10	12	15	20
Sit up	20	22	24	26
Burpees	20	25	20 in 60 sec.	22 in 60 sec.

NAGE-WAZA

Morote Seoi-nage

Tori retreating ayumi-ashi.

Eri-seoi-nage

Tori retreating ayumi-ashi

Tsurikomi-goshi

Tori retreating ayumi-ashi

Okuri-ashi-harai

Tori and Uke moving sideways

TRANSITION SKILLS

Ippon-seoi-nage to Kami-shiho-gatame

Hiza-guruma to Tsurigoshi

Ko-uchi-gari to Ko-soto-gari

Tsubame-gaeshi

NE-WAZA

Ura-gatame and escapes

Transition between Kuzure-kami-shiho-and Kesa-gatame

Attacking the Guard Position

Ura-gatame with rolling entry

OTHER SKILLS

Moving Uchi-komi for Nage-waza

Cartwheel; roundoff; handstand

Ne-waza turnovers of Uke in turtle positions.

Ne-waza turnovers of Uke in prone positions.

Life Skill: SELF-CONTROL

Ukemi



Orange Belt Grading Requirements Continued ...



TERMINOLOGY

Osaekomi (Hold Down)

Toketa! (Hold Down Broken)

Shido (Penalty)

Ukemi

For grading to Orange Belt (4th Kyu) the child must be a minimum of 10 years of age

General priorities: Continued focusing on development of fundamental judo movement skills - developing a good understanding of the principles of movement with a partner and kuzushi will help future acquisition in sport specific skills; continued focusing on development of core and neck strength to promote confidence in break-falling. Participation in competition is encouraged, however, for judoka between ages of 10 and 12, Judo Canada rules emphasise experience over winning. In warm up sections of the training continued focusing on development of speed and agility. Judoka between ages of 8 and 12 develop these capacities very effectively when subjected to systemic training. The use of a "relay" training format is encouraged by employing a variety of individual fundamental movement skills both in nage-waza and ne-waza.

Children under 10 years of age getting ready for their Yellow/Orange Belt (4th Kyu) must:

- Practise judo as yellow/Orange belts for one season.
- Practicing fundamental movement and judo skills both left and right.
- Respectful treatment of peers and instructors and respect of dojo rules.
- Understanding of judo terminology used in training and festivals.
- Demonstrate courage in randori and self-control in training.

10-11 years of age Requirements for grading to Yellow/Orange Belt (4th Kyu)

- Practise judo as yellow belts for a minimum of one season with a minimum 2 sessions per week.
- Practicing fundamental movement and judo skills both left and right.
- Continuous respectful treatment of peers and instructors and respect of dojo rules.
- Understanding of judo terminology used in training and competitions.
- Demonstrate courage and self-control in competitions and in training.

12-15 years of age judoka Requirements for grading to Yellow/Orange Belt (4th Kyu)

- Same minimum requirements as for 10 –11 years of age.
- Fast track grading is available for outstanding competition results – as described earlier in this guide- judoka who compete in the number of events per season as recommended in the LTDM for a specific development stage.