



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



YELLOW 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+
Burpees	8	10	15	20
Sit-ups	20	22	24	26
Push-ups	12	15	16	20

NAGE-WAZA

Tai-otoshi	Tori retreating ayumi-ashi.
O-uchi-gari	Very Young - Uke kneeling on one knee; Tori moving in half circle.
O-soto-otoshi (modified)	Tori moving forward ayumi-ashi. Tori advances with standard grip moving uke backwards. Tori continues to advance while blocking uke's leg to assist uke with their breakfall - Tori keeps two feet on the ground and lowers Uke to his back.
Ko-uchi-gari	Very Young - Uke kneeling on one knee; Tori retreating ayumi-ashi.

TRANSITION SKILLS

Tia-otoshi to Ko-soto-gari

O-uchi-gari to osaekomi-waza

Ko-uchi-gari to osaekomi waza

NE-WAZA

Kata-gatame and escapes

Kami-shiho-gatame and escapes

Turn over from stomach

Turn over from turtle position

OTHER SKILLS

Front Roll

Tai-sabaki in 4 forms 180 degrees without partner

Life skill: Friendliness

Randori ne-waza

Ukemi



Yellow Belt Grading Requirements Continued ...



TERMINOLOGY

Dojo (Judo School)

Obi (Belt)

Shiai-jo (Tournament Hall)

Rei (Bow)

Under 10 years of age Requirements for grading to the Yellow (5th Kyu) in order of priority

- Ability to follow the practice regime for a minimum of 45 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Practicing fundamental movement skills and judo techniques right and left
- Being uke for tori at grading
- Understanding of the concept of respect for other judoka and instructors; Friendliness and ability to co-operate with other judoka
- Understanding basic terminology used in judo sessions

10-11 years of age Requirements for grading to Yellow Belt (5th Kyu) in order of priority

- Ability to follow the practice regime for a minimum of 60 minutes
- Ability to perform breakfalls in all directions in a safe fashion.
- Minimum of 80 classes as a white and white/yellow belt
- Being uke for tori at grading
- Respect for other judoka and instructors; Friendliness and ability to co-operate with other judoka
- Improvement in attention span as assessed by the instructor
- Understanding basic terminology used in judo sessions

12-15 years of age Requirements for grading to White/Yellow Belt (5th Kyu) in order of priority

- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of one year of Judo with a minimum of 2 sessions / week
- Respect for other judoka and instructors and practical application of fair play philosophy; Friendliness and ability to cooperate with other judoka
- Understanding of basic judo terminology used in judo sessions

16 years of age and up Requirements for grading to White/Yellow Belt (5th Kyu) in order of priority

- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of one season of practice 2 x 90 minutes /week
- Respect for other judoka and instructors; Practical application of judo etiquette and fair play philosophy
- Friendliness and ability to co-operate with other judoka