



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



YELLOW/ORANGE BELT



FITNESS CHALLENGE

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

Ippon-seoi-nage	Tori retreating ayumi-ashi.
De-ashi-barai	Tori stepping forward or retreating ayumi-ashi.
Sasae-tsurikomi-ashi	Tori retreating ayumi-ashi.
O-soto-gari	Tori moving forward ayumi-ashi.

TRANSITION SKILLS

O-soto-gari to O-soto-otoshi

Sasae-tsurikomi-ashi to Tai-otoshi

O-soto-gari to osaekomi-waza

Ko-uchi-gari to O-uchi-gari

NE-WAZA

Kuzure-kami-shiho-gatame and escapes

Ushiro-kesa-gatame and escapes

Tate-shiho-gatame and escapes

Uki-gatame and escapes

OTHER SKILLS

Judo Shrimp legs forward

Guard Position

Life Skill: COURAGE

Randori tachi-waza

Ukemi



Yellow/Orange Belt Grading Requirements Continued ...



TERMINOLOGY

Ippon (One Point)

Waza-ari (Half Point)

Who is the founder of judo

For grading to Yellow/Orange Belt 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 must:

- Practise judo as yellow belts for two seasons.
- 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

- Practise judo as yellow belts for a minimum of one year with a minimum 2 sessions/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

- 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.