





# OTTAWA JUDO CLUB GRADING REQUIREMENTS



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

### NAGE-WAZA

Uki Goshi	Tori moving in sideways tsugi-ashi, sleeve side. Change of grip from lapel to back while in motion.
O-goshi	Tori turns hips, moving them in front and below uke's hips, passing arm behind uke's back lift with hips bending forward while continuing the pull to the front and down, bringing uke onto the mat at tori's feet.
Tsuri-goshi	Tori changing grip from lapel and reach around the back and grab belt and throw uki with hip throw.
Ko-soto-gari or Ko-soto-gake	Tori moving forward diagonally ayumi-ashi.
Hiza-guruma	Very Young - Uke kneeling on one knee; Tori moving in half circle
Uki-otoshi	Tori moving backwards – technique teaching kuzushi for TORI and Zenpo-kaiten for UKE. - to develop understanding of kuzushi; executed in motion Tori moving backward and Uke performs a Zenpo-kaiten

### TRANSITION SKILLS

Hiza-guruma to Kuzure-kesa gatame

### NE-WAZA

Kesa-gatame and escapes

Kuzure-kesa-gatame and escapes

Yoko-shiho-gatame and escapes

### OTHER SKILLS

Tsugi-ashi and Ayumi-ashi without and with partner all directions and in circles

Tai-sabaki in 4 forms 90 degrees without partner

Life skill – RESPECT

Kumi-kata

Kuzushi

Ukemi



## White/Yellow Belt Grading Requirements Continued ...



### TERMINOLOGY

Sensei (Teacher, Instructor)

Hajime (Start); Mate (Start)

#### **Under 10 years of age Requirements for grading to the White/Yellow 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
- Minimum of 40 classes as a white and white/yellow belt
- 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 White/Yellow belt 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 40 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 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 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



# 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 (5<sup>th</sup> 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
- Minimum of 40 classes as a white and white/yellow belt
- 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 (5<sup>th</sup> 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 40 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 (5<sup>th</sup> 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 (5<sup>th</sup> 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



# 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)				
VO2 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 ...



<b>TERMINOLOGY</b>
Ippon (One Point)
Waza-ari (Half Point)
Who is the founder of judo
<b>For grading to Yellow/Orange Belt the child must be a minimum of 10 years of age</b>
<b>General priorities:</b> 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.
<b>Children under 10 years of age getting ready for their Yellow/Orange Belt must:</b>
<ul style="list-style-type: none"><li>• Practise judo as yellow belts for two seasons.</li><li>• Practicing fundamental movement and judo skills both left and right.</li><li>• Respectful treatment of peers and instructors and respect of dojo rules.</li><li>• Understanding of judo terminology used in training and festivals.</li><li>• Demonstrate courage in randori and self-control in training.</li></ul>
<b>10-11 years of age Requirements for grading to Yellow/Orange Belt</b>
<ul style="list-style-type: none"><li>• Practise judo as yellow belts for a minimum of one year with a minimum 2 sessions/week.</li><li>• Practicing fundamental movement and judo skills both left and right.</li><li>• Continuous respectful treatment of peers and instructors and respect of dojo rules.</li><li>• Understanding of judo terminology used in training and competitions.</li><li>• Demonstrate courage and self-control in competitions and in training.</li></ul>
<b>12-15 years of age judoka Requirements for grading to Yellow/Orange Belt</b>
<ul style="list-style-type: none"><li>• Same minimum requirements as for 10 –11 years of age.</li><li>• 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.</li></ul>



# 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)				
VO2 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
Ippon-seoi-nage to Kami-shiho-gatame
Hiza-guruma to Tsurigoshi
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 ...



<b>TERMINOLOGY</b>
Osaekomi (Hold Down)
Toketa! (Hold Down Broken)
Shido (Penalty)
Ukemi

  

<b>For grading to Orange Belt (4<sup>th</sup> Kyu) the child must be a minimum of 10 years of age</b>
<p><b>General priorities:</b> 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.</p>

  

<b>Children under 10 years of age getting ready for their Yellow/Orange Belt (4<sup>th</sup> Kyu) must:</b>
<ul style="list-style-type: none"><li>• Practise judo as yellow/Orange belts for one season.</li><li>• Practicing fundamental movement and judo skills both left and right.</li><li>• Respectful treatment of peers and instructors and respect of dojo rules.</li><li>• Understanding of judo terminology used in training and festivals.</li><li>• Demonstrate courage in randori and self-control in training.</li></ul>

  

<b>10-11 years of age Requirements for grading to Yellow/Orange Belt (4<sup>th</sup> Kyu)</b>
<ul style="list-style-type: none"><li>• Practise judo as yellow belts for a minimum of one season with a minimum 2 sessions per week.</li><li>• Practicing fundamental movement and judo skills both left and right.</li><li>• Continuous respectful treatment of peers and instructors and respect of dojo rules.</li><li>• Understanding of judo terminology used in training and competitions.</li><li>• Demonstrate courage and self-control in competitions and in training.</li></ul>

  

<b>12-15 years of age judoka Requirements for grading to Yellow/Orange Belt (4<sup>th</sup> Kyu)</b>
<ul style="list-style-type: none"><li>• Same minimum requirements as for 10 –11 years of age.</li><li>• 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.</li></ul>



# 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



## Orange/Green Belt Grading Requirements Continued ...



### **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.



# 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)

VO2 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



## Green Belt (3<sup>rd</sup> Kyu) Grading Requirements Continued ...



### **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.



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## GREEN/BLUE 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

Hane-goshi	Tori retreating ayumi ashi
Ushiro-goshi	Uke retreating or turning and attempting koshi-waza
Obi-tori-gaeshi	Tori retreating and/or in Ne-waza application
Seoi-otoshi	Tori retreating or sideways tsugi-ashi

### TRANSITION SKILLS

O-uchi-gari to Tomoe-nage

Chosen by the judoka Tokui-waza Nage-waza

Chosen by the judoka Tokui-waza Ne-waza

Chosen by the judoka Renraku-waza

### NE-WAZA

Hadaka-jime

Hiza-gatame

Okuri-eri-jime

Waki-gatame

### OTHER SKILLS

Nage-no-Kata: 2 first sets

Knowledge of Competition Rules (Random questions from examiner)

Tachi-waza blocking backwards throwing techniques

Tournament Standards (Random questions from examiner)

Life skill: HONESTY



### Minimum age for a Green/Blue Belt promotion is 13 Years Old

**General information:** A vast majority of judoka in Canada who reach this level of skill development are experiencing various stages of puberty. This period of life offers an unprecedented window of opportunity for development of athletic capacities and judo training has to address it. The performance capacity in all sports is always the athleticism of the individual. For this reason, judo training for youth at this development stage has to offer an optimal training stimulant that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged. Nage-no-Kata first and second set should be practised at this stage.

### All eligible judoka of all age groups Requirements for grading to Green/Blue Belt

- A minimum of 72 practices of duration 90 – 120 minutes as a green belt
- 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 and honesty
- Demonstrate Nage-no-Kata 1<sup>st</sup> and 2<sup>nd</sup> set as tori
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, judo in Canada and judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology. Outstanding judoka who meet the minimum required competition experience standard as defined in the Judo Canada LTDM are eligible for a fast track grading.



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## BLUE 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)		
VO2 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	
Uchi-mata	Tori retreating or turning
Hane-goshi-gaeshi	Uke retreating and attempting Hane-goshi
Ko-uchi-gaeshi	Uke retreating and attempting Ko-uchi-gari
Uchi-mata- gaeshi	Uke retreating or turning and attempting Uchi-mata

  

TRANSITION SKILLS
Chosen by the judoka Kaeshi-waza
Chosen by the judoka transition from Tachi-waza to Ne-waza
Chosen by the judoka transition between two Ne-waza techniques
Fake forward into Tani-otoshi

  

NE-WAZA
Kataha-jime
Hara-gatame
Katate-jime
Turnover into Kansetsu-waza of choice
Turnover into Shime-waza of choice

  

OTHER SKILLS
Nage-no-Kata: 3 sets
Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique
Knowledge of Judo origin and history (where, when, who, why, from what)





### Minimum age for a Blue Belt promotion is 13 Years Old

**General information:** A vast majority of judoka in Canada who reach this level of skill development are experiencing various stages of puberty. This period of life offers an unprecedented window of opportunity for development of athletic capacities and judo training has to address it. The performance capacity in all sports is always the athleticism of the individual. For this reason, judo training for youth at this development stage has to offer an optimal training stimuli that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged. Nage-no-Kata first and second set should be practised at this stage.

### All eligible judoka of all age groups Requirements for grading to Blue Belt

- A minimum of 72 practices of duration 90 – 120 minutes as a green belt
- 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 and honesty
- Demonstrate Nage-no-Kata 1<sup>st</sup> and 2<sup>nd</sup> set as tori
- Knowledge of Judo origin and history – \_basics - where, when, who, why, from what, judo in Canada and judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology. Outstanding judoka who meet the minimum required competition experience standard as defined in the Judo Canada LTDM are eligible for a fast track grading.



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## BLUE/BROWN 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)

<b>FITNES GOALS</b>	<b>U16</b>	<b>16+</b>
<b>Push up</b>	40	50
<b>Sit up</b>	32	36
<b>Burpee in 60 seconds</b>	27	31

### NAGE-WAZA

Koshi-guruma	Choice of direction
Harai-makikomi	Choice of direction
O-soto-makikomi	
Sumi-otoshi	Choice of direction

### TRANSITION SKILLS

Chosen by the judoka Makikomi-waza

Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. front to back)

Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. left to right)

Uchi-mata-sukashi

### NE-WAZA

Ryote-jime

Ashi-gatame

Sode-guruma-jime

Te-gatame

Tsukkomi-jime

### OTHER SKILLS

Nage-no-Kata: Te-waza, Koshi-waza, Ashi-waza (Tori)

Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique

Knowledge of Judo tradition and heritage



## Blue/Brown Belt (Grading Requirements Continued ...)



### Participants of all Ages Requirements for grading to Blue/Brown Belt

A minimum of 72 practices of 90 – 120 minutes as a blue belt

Practicing judo skills right and left All Nage-waza skills must be demonstrated with a good theoretical understanding of the kuzushi-tsukuri-kake principles

Honour and Modesty must be demonstrated in the behaviour of the Respectful treatment of peers and instructors and respect of fair play and rules

Demonstrate Nage-no-Kata 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> set as tori Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada and Judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology.

Outstanding judoka who meets the minimum required competition



# OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



## BLUE/BROWN 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	40	50
Sit up	32	36
Burpee in 60 seconds	27	31

  

NAGE-WAZA	
Ura-nage	Choice of direction
Yoko-guruma	Choice of direction
Ko-uchi-makikomi	
Yoko-gake	
Yoko-wakare	

  

TRANSITION SKILLS
Chosen by the judoka 2 Tokui-waza in Tachi-waza
Chosen by the judoka 2 Tokui-waza in Ne-waza
Chosen by the judoka 2 transition Tokui waza

  

NE-WAZA
Sankaku-gatame (Kansetsu-waza)
Sankaku-jime
2 Transition from Tachi-waza to Ne-waza
2 Turnovers into Shime-waza of choice
2 Turnovers into Kansetsu-waza of choice

  

OTHER SKILLS
Life Skill: MODESTY



## Brown Belt (1<sup>st</sup> Kyu) Grading Requirements Continued ...



### Participants of all Ages Requirements for grading to Brown Belt

A minimum of 72 practices of 90 – 120 minutes as a blue belt

Practicing judo skills right and left All Nage-waza skills must be demonstrated with a good theoretical understanding of the kuzushi-tsukuri-kake principles

Honour and Modesty must be demonstrated in the behaviour of the Respectful treatment of peers and instructors and respect of fair play and rules

Demonstrate Nage-no-Kata 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> set as tori Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada and Judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology.

Outstanding judoka who meets the minimum required competition