



# 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 ...



<b>TERMINOLOGY</b>
Sensei (Teacher, Instructor)
Hajime (Start); Mate (Start)
<b>Under 10 years of age Requirements for grading to the White/Yellow in order of priority</b>
<ul style="list-style-type: none"><li>• Ability to follow the practice regime for a minimum of 45 minutes</li><li>• Ability to perform breakfalls in all directions in a safe fashion</li><li>• Minimum of 40 classes as a white and white/yellow belt</li><li>• Practicing fundamental movement skills and judo techniques right and left</li><li>• Being uke for tori at grading</li><li>• Understanding of the concept of respect for other judoka and instructors; Friendliness and ability to co-operate with other judoka</li><li>• Understanding basic terminology used in judo sessions</li></ul>
<b>10-11 years of age Requirements for grading to White/Yellow belt in order of priority</b>
<ul style="list-style-type: none"><li>• Ability to follow the practice regime for a minimum of 60 minutes</li><li>• Ability to perform breakfalls in all directions in a safe fashion.</li><li>• Minimum of 40 classes as a white and white/yellow belt</li><li>• Being uke for tori at grading</li><li>• Respect for other judoka and instructors; Friendliness and ability to co-operate with other judoka</li><li>• Improvement in attention span as assessed by the instructor</li><li>• Understanding basic terminology used in judo sessions</li></ul>
<b>12-15 years of age Requirements for grading to White/Yellow belt in order of priority</b>
<ul style="list-style-type: none"><li>• Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes</li><li>• Ability to perform breakfalls in all directions in a safe fashion</li><li>• Minimum of one year of Judo with a minimum of 2 sessions / week</li><li>• Respect for other judoka and instructors and practical application of fair play philosophy; Friendliness and ability to cooperate with other judoka</li><li>• Understanding of basic judo terminology used in judo sessions</li></ul>
<b>16 years of age and up Requirements for grading to White/Yellow belt in order of priority</b>
<ul style="list-style-type: none"><li>• Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes</li><li>• Ability to perform breakfalls in all directions in a safe fashion</li><li>• Minimum of one season of practice 2 x 90 minutes /week</li><li>• Respect for other judoka and instructors; Practical application of judo etiquette and fair play philosophy</li><li>• Friendliness and ability to co-operate with other judoka</li></ul>