



OTTAWA JUDO CLUB GRADING REQUIREMENTS





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 for under 8	Tori moving in sideways tsugi-ashi, sleeve side. Change of grip from lapel to back while in motion.
O-goshi for over 8	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

Mune-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: To appreciate yourself and others

Kumi-kata

Kuzushi



White/Yellow Belt Grading Requirements Continued ...



TERMINOLOGY

Sensei (Teacher, Instructor)

Hajime (Start); Mate (Start)

Tori (doing the technique), Uke (receiving the technique)

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
- 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 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 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
Tai-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: To be a good companion and friend
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



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: To face difficulties with bravery
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:

- Practice 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

- Practice 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.



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 Yoko-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: To be in control of your emotions and actions
Ukemi



Orange Belt Grading Requirements Continued ...



TERMINOLOGY

Osaekomi (Hold Down)

Toketa (Hold Down Broken)

Shido (Penalty)

Ukemi (breakfalls)

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:

- Practice 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)

- Practice 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.



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: To be polite to others



Orange/Green Belt Grading Requirements Continued ...



For grading to Green Belt (4th Kyu) the child must be a minimum of 12 years of age

General priorities: Judoka who reach this level of skill acquisition, and have not already, can enter in the specialization phase in our sport. This means that those who wish to pursue competition are strongly encouraged to compete in several tournaments per season. For outstanding competitors, their results will offer an accelerated pathway towards their next promotion. Some judokas at this stage also start puberty which offers a set of challenges and opportunities that need to be addressed in training by competent, NCCP certifies instructors/coaches.

Nage-no-Kata first set should be practiced at this stage, however, only the Tori role is required for evaluation.

10-11 years of age Requirements for grading to Orange/Green Belt

- Practice 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 1st 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)

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

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

Transition between all known osae-komi techniques

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: To do what is right and stand by your principles



Green Belt (3rd Kyu) Grading Requirements Continued ...



For grading to Green Belt (4th Kyu) the child must be a minimum of 12 years of age

General priorities: Judoka who reach this level of skill acquisition, and have not already, can enter in the specialization phase in our sport. This means that those who wish to pursue competition are strongly encouraged to compete in several tournaments per season. For outstanding competitors, their results will offer an accelerated pathway towards their next promotion. Some judokas at this stage also start puberty which offers a set of challenges and opportunities that need to be addressed in training by competent, NCCP certifies instructors/coaches.

Nage-no-Kata first set should be practiced at this stage, however, only the Tori role is required for evaluation.

12 years of age Requirements for grading to Green Belt

- Practice 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 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 1st 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 (favourite) Nage-waza

Chosen by the judoka Tokui (favourite) Ne-waza

Chosen by the judoka Renraku-waza (combination)

NE-WAZA

Hadaka-jime

Hiza-gatame

Okuri-eri-jime

Waki-gatame

OTHER SKILLS

Nage-no-Kata: 2 first sets

Knowledge of Competition Rules, tournament standards (Random questions from examiner)

Tachi-waza blocking backwards throwing techniques

Life skill: HONESTY: To be sincere in your thoughts and actions



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 stimuli that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged. Nage-no-Kata first and second sets 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 1st and 2nd 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)

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

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 (counters)

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 (locks)

Turnover into Shime-waza of choice (chokes)

OTHER SKILLS

Nage-no-Kata: 2 sets

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

Knowledge of Judo origin and history (where, when, who, why, from what)



Blue Belt (2nd Kyu) Grading Requirements Continued ...



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 sets 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 1st and 2nd 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)

FITNES GOALS

	U16	16+
Push up	40	50
Sit up	32	36
Burpee in 60 seconds	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 (wraps)

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



Minimum age for a Brown Belt promotion is 14 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, second and third sets should be practiced at this stage.

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 judoka.
- Respectful treatment of peers and instructors and respect of fair play and rules.
- Demonstrate Nage-no-Kata 1st, 2nd and 3rd 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 experience standard as defined in the Judo Canada LTDM are eligible for a fast-track grading.



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



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 (favourite)

Chosen by the judoka 2 Tokui-waza in Ne-waza (favourite)

Chosen by the judoka 2 transition Tokui waza (favourite)

NE-WAZA

Sankaku-gatame (Kansetsu-waza holddown)

Sankaku-jime

2 Transition from Tachi-waza to Ne-waza (favourite)

2 Turnovers into Shime-waza of choice (choke)

2 Turnovers into Kansetsu-waza of choice (lock)

OTHER SKILLS

Life Skill: MODESTY: To be without ego in your actions and thoughts



Minimum age for a Brown Belt promotion is 14 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, second and third sets should be practiced at this stage.

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 judoka.
- Respectful treatment of peers and instructors and respect of fair play and rules.
- Demonstrate Nage-no-Kata 1st, 2nd and 3rd 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 experience standard as defined in the Judo Canada LTDM are eligible for a fast-track grading.



Ottawa Judo Club Grading Syllabus

JUDO TERMINOLOGY

Judo Terminology

Ashi (Foot, leg, ankle)
Eri (Collar, lapel)
Gaeshi (reversal or pull)
Gake (Hook)
Gari (Reap)
Goshi/Koshi (Hip)
Guruma (Wheel or Whirl)
Hara (Stomach)
Harai/Barai (Sweep)
Hidari (Left)
Hiji (Elbow)
Hikite (Pulling hand)
Hiza (Knee)
Jigotai (Defensive posture)
Kaeshi-waza (Counter techniques)
Kake (Completion of technique)
Kansetsu (Joint)
Kata (Forms, Shoulder)
Kiai (Spirit shout)
Kio Tsuke (attention, quiet)
Ko (Small or Minor)
Kubi (Neck)
Kumikata (Gripping methods)
Kuzure (Modified, Broken (hold))
Kuzushi (Unbalancing the opponent)
Mae (Forward, front)
Mae-Mawari Ukemi (Tumbling forward)
Masutemi Waza (Rear sacrifice throws)
Migi (right)
Moku So (Meditation)
Mune (Chest)
Nage (Throw)
Obi (Judo belt)
Okuri (Sliding)
Otoshi (Drop)
Randori (Free practice)
Renrakuwaza (Combination techniques)
Ritsurei (Standing salutation)
Seiza (Formal kneeling posture)
Sensei (Teacher, instructor)
Shintai (Moving forwards, sideways & backwards)

Judo Terminology (Continued)

Shizentai (Natural Posture)
Sode (Sleeve)
Soto (Outer)
Tai (Body)
Tai Sabaki (Body Control)
Te (Hand, arm)
Tori (attacker)
Tsukuri (Entry into the opponent)
Tsuru Komi (Lift Pull)
Uchi (Inner)
Uchi-Komi (Repeated practice entering for a throw)
Ude (arm)
Uke (The person receiving the technique)
Ukemi (Breakfall techniques)
Ushiro (Backward, rear)
Waki (Armpit)
Waza (Technique)
Yoko (side)
Yoko Ukemi (Falling Sideways)
Yudansha (Black belt)

Competition

Hajime (Begin)
Hansoku Make (Loss by penalty)
Hantei (Referee call for judge's decision)
Hiki-Wake (A draw)
Ippon (One point in competition)
Jikan (Referee call to stop the clock)
Kogeki-Seyo (Request for judoka to be more active)
Matte (Wait)
Osaekomi (Referee call to begin timing of hold)
Osaekomi -Taketa (Stop timing of hold)
Shiai (Contest)
Shido (Penalty)
Soro Made (That is all)
Sono-Mama (Stop action; command to freeze)
Tatte (Stand up)
Waka Rete (Break)
Waza-Ari (Half point)
Wazaari-Awasete Ippon (Two Wazaaris for the win)
Yoshi (Resume action)
Yuko (a score less than a waza-ari)
Yusei Gachi (Win by judge's decision)



Ottawa Judo Club Grading Syllabus

MORAL CODE

Judo was developed in Japan as a physical and moral education system allowing judoka to develop holistically over time. In Canada, TRUE SPORT principles and values such as fairness, excellence, inclusion and fun are consistently promoted by Judo Canada. Behavioural consistency with these values is expected from all judoka, instructors and coaches of judo. The development of life skills is embedded in judo via the moral code proposed by judo's founder, Professor Jigoro Kano.

Moral Code of Judo

Courtesy – to be polite to others,
Courage – to face difficulties with bravery,
Friendship – to be a good companion and friend,
Honesty – to be sincere with your thoughts and actions,
Modesty – to be without ego in your actions and thoughts,
Respect – to appreciate yourself and others,
Self-control – to be in control of your emotions and actions.