



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.