



# 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



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



### 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 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 experience standard as defined in the Judo Canada LTDM are eligible for a fast-track grading.