



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.