



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.