



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.