



OTTAWA JUDO CLUB KYU GRADING REQUIREMENTS



ORANGE/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 up	35	40
Sit up	26	28
Burpees in 60 seconds	25	29

NAGE-WAZA

Harai-goshi	Tori retreating ayumi-ashi and/or tori moving in sideways tsugi-ashi, sleeve side.
Tani-otoshi	Tori advancing ayumi-ashi.
Sode-tsurikomi-goshi	Tori retreating ayumi-ashi.
Yoko-tomoe-nage	Tori tsugi ashi moving sideways.

TRANSITION SKILLS

Tani-otoshi as counter vs. tsuri-komi-goshi

Ko-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)

O-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)

NE-WAZA

Sankaku-gatame (osaekomi-waza)

Nami-juji-jime (U16 & Up)

Ude-garami (U18 & Up)

Gyaku-juji-jime (U16 & Up)

OTHER SKILLS

Ne-waza turnovers of Uke when Tori in guard position.

Passing the guard in Ne-waza

Life Skill: COURTESY: To be polite to others



Orange/Green Belt 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.

10-11 years of age Requirements for grading to Orange/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 Orange/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.