

# **BELT GRADING SYLLABUS**

## **OTTAWA JUDO CLUB 2010**



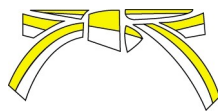
**Modified Judo Canada National Grading Syllabus**





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010

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## WHITE/YELLOW BELT REQUIREMENTS

NAGE WAZA	U8	8-11	12-15	16+
Osoto-otoshi	S	S	S	L & R—M
Ippon Seoi-nage	M	M	L & R—M	L & R—M
Uki Goshi	L & R	L & R—M	L & R—M	M
Kosoto-gake	S	M	M	M
UKEMI	U8	8-11	12-15	16+
Mae-ukemi	Knees	Knees	Knees	Knees
Koho-ukemi	Sitting	Sitting	Sitting	Sitting
Yoko-ukemi	L & R	L & R	L & R	L & R
Zempo-kaiten	L & R	L & R	L & R	L & R
NE-WAZA	U8	8-11	12-15	16+
Kesa-gatame	√	√	√	√
Escapes from Kesa-gatame	√	√	√	√
Mune-gatame	√	√	√	√
Escape from Mune-gatame	√	√	√	√
OTHER SKILLS	TERMINOLOGY			
Turnover with Uke on Stomach	Sensei (Teacher, Instructor)			
Demonstrate traditional grip	Hajime (Start)			
Tai-sabaki; Tsugi-ashi	Soro Made (That is all or the end)			
Back Roll	Uke (The defender)			
Front Roll	Tori (The attacker)			

Legend: Left = L / Right = R / Standing = S / Moving = M / U = Under



White/Yellow Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## White/Yellow Belt Requirements Continued

### KINDER JUDO (UNDER 8 YEARS OLD)

- In order to be graded to White/Yellow belt you must be a minimum of 5 years old.
- Minimum 32 classes as a white belt to be eligible for grading.
- Fitness goals: 8 full modified push-ups; 20 modified sit-ups; 12 burpees

### PRE-TEEN JUDO (8-11 YEARS OLD)

- Minimum 32 classes as a white belt to be eligible for grading.
- Fitness goals: 10 full push-ups; 25 modified sit-ups; 15 burpees

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 26 classes as a white belt to be eligible for grading.
- Fitness goals: 15 full push-ups; 30 modified sit-ups; 16 burpees in 30 seconds.

*All promotions are at the discretion of the head sensei.*



Yellow Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## YELLOW BELT REQUIREMENTS

NAGE WAZA	U8	8-11	12-15	16+
Tai-otoshi	M	L & R	M	M
Osoto-gari	S	S	M	M
Kouchi-gari	S	M	M	M
Deashi-barai	L & R—M	L & R—M	L & R—M	L & R—M
Ouchi-gari	S	S	S	M
UKEMI	U8	8-11	12-15	16+
Mae-ukemi	Standing	Standing	Standing	Standing
Koho-ukemi	Standing	Standing	Standing	Standing
Yoko-ukemi	L & R	L & R	L & R	L & R
Zempo-kaiten	L & R	L & R	L & R	L & R
NE-WAZA	U8	8-11	12-15	16+
Kuzure-kesa-gatame	√	√	√	√
Escape from Kuzure-kesa-gatame	√	√	√	√
Yoko-shiho-gatame	√	√	√	√
Escape from Yoko-shiho-gatame	√	√	√	√
OTHER SKILLS	TERMINOLOGY			
Shizen Hontai; Migi/Hidari Shizentai	Sempai (Senior Belt)			
Jigo Hontai; Migi/Hidari Jigotai	Kohai (Junior Belt)			
Kumi-Kata (Gripping)	Shiai-jo (Tournament Hall)			
Kuzushi (with throw of choice)	Rei (Bow)			
Rollover when Uke is on 4's	Seiza (Formal Kneeling Posture)			

Legend: Left = L / Right = R / Standing = S / Moving = M / U = Under



Yellow Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Yellow Belt Requirements Continued

### KINDER JUDO (UNDER 8 YEARS OLD)

- In order to be graded to yellow belt you must be a minimum of 6 years old.
- Minimum 32 classes as a white/yellow belt.
- Fitness goals: 8 full push-ups; 20 modified sit-ups; 12 burpees

### PRE-TEEN JUDO (8-11 YEARS OLD)

- Minimum 32 classes as a white/yellow belt.
- Fitness goals: 10 full push-ups; 25 modified sit-ups; 15 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 26 classes as a white/yellow belt.
- Fitness goals: 15 full push-ups; 30 modified sit-ups; 16 burpees in 30 seconds.
- Participation in tournaments can reduce the number of classes to a maximum of 15 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- 16 Years and up will be graded to full belts only
- Minimum 50 classes as a white and white/yellow belt.
- Will be tested on both white/yellow and yellow belt requirements.
- See both white/yellow and yellow belt requirements.
- Fitness goals: 20 full push-ups; 30 modified sit-ups, 20 burpees in 60 seconds.
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*



## Yellow Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



<b>YELLOW/ORANGE BELT REQUIREMENTS</b>				
<b>NAGE WAZA</b>	<b>U8</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
O-Goshi	L & R		M	M
Tsuri Goshi	S	S	S	M
Sasae Tsurikomi Ashi	S	M	L & R—M	M
Okuri Ashi Harai	M	M	M	L & R—M
Kosoto Gari	S	S	S	S
<b>UKEMI</b>	<b>U8</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Mae-ukemi	Standing	Standing	Standing	Standing
Koho-ukemi	Raised	Raised	Raised	Raised
Yoko-ukemi	L & R	L & R	L & R	L & R
Zempo-kaiten	L & R	L & R	L & R	L & R
<b>NE-WAZA</b>	<b>U8</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Kami-shiho-gatame	√	√	√	√
Escape from Kami-shiho-gatame	√	√	√	√
Nami-juji-jime	N/A	N/A	√	√
Juji-gatame	N/A	N/A	√	√
<b>OTHER SKILLS</b>	<b>TERMINOLOGY</b>			
Rollover when Uke is on 4's	<b>Ippon</b> (One point in competition)			
Rollover with Uke on Stomach	<b>Waza-Ari</b> (Half point)			
Judo Shrimp	<b>Yuko</b> (A score less than a Waza-ari)			
Demonstrate guard position	<b>Koka</b> (A score less than a Yuko)			
Ne Waza—attacking through legs	<b>Matte</b> (Stop)			

Legend: Left = L / Right = R / Standing = S / Moving = M / U = Under



## Yellow/Orange Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Yellow/Orange Belt Requirements Continued

### KINDER JUDO (UNDER 8 YEARS OLD)

- Minimum 44 classes as a yellow belt.
- Fitness goals: 10 full push-ups; 20 sit-ups; 20 burpees
- In order to be graded to yellow/orange belt you must be a minimum of 7 years old.

### PRE-TEEN JUDO (8-11 YEARS OLD)

- Minimum 44 classes as a yellow belt.
- Fitness goals: 12 full push-ups; 25 sit-ups; 25 burpees
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 38 classes as a yellow belt.
- Fitness goals: 15 full push-ups; 30 sit-ups; 30 burpees
- Participation in tournaments can reduce the number of classes to a maximum of 15 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- 16 Years and up will be graded to full belts only
- See orange belt requirements.

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## REQUIREMENTS FOR ORANGE BELT

NAGE WAZA	U8	8-11	12-15	16+
Morote Seoi Nage	M	M	M	M
Koshi Guruma	L & R	M	M	M
Tsurikomi Goshi	S	L & R	L & R—M	M
Tsubame Gaeshi	S	S	M	L & R—M
Kouchi Gake	S	S	S	S
UKEMI	U8	8-11	12-15	16+
Mae-ukemi	S	S	S	S
Koho-ukemi	Horse	Horse	Horse	Horse
Yoko-ukemi	Lapel	Lapel	Lapel	Lapel
Zempo-kaiten	Horse	Horse	Horse	Horse
NE-WAZA	U8	8-11	12-15	16+
Tate-shiho-gatame	√	√	√	√
Escapes from Tate-shiho-gatame	√	√	√	√
Gyaku-juji-jime	N/A	N/A	√	√
Kata-juji-jime	N/A	N/A	√	√
OTHER SKILLS	TERMINOLOGY			
Rollover when Uke is on 4's	Osaekomi (Hold-down effective, timing starts)			
Rollover with Uke on Stomach	Toketa (Hold down broken, timing starts)			
Combination throw of choice	Yoshi (Resume action)			
Ne Waza Randori	Shido (Penalty)			
Cart-Wheel	Hansaku Make (Lose match by penalty)			

Legend: Left = L / Right = R / Standing = S / Moving = M / U = Under



### Orange Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Orange Belt Requirements Continued

### KINDER JUDO (UNDER 8 YEARS OLD)

- In order to be graded to orange belt you must be a minimum of 8 years old.
- Minimum 44 classes as a yellow/orange belt.
- Fitness goals: 10 full push-ups; 20 sit-ups; 20 burpees.

### PRE-TEEN JUDO (8-11 YEARS OLD)

- Minimum 44 classes as a yellow/orange belt.
- Fitness goals: 12 full push-ups; 25 sit-ups; 25 burpees
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 38 classes as a yellow/orange belt.
- Fitness goals: 15 full push-ups; 30 sit-ups; 30 burpees
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- Minimum 75 classes as a yellow and yellow/orange belt.
- 16 Years and up will be graded to full belts only.
- Will be tested on both yellow/orange and orange belt requirements.
- Fitness goals: 20 full push-ups; 35 sit-ups; 20 burpees in 1 minute
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*



**Orange Belt Requirements**





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## ORANGE/GREEN BELT REQUIREMENTS

NAGE WAZA	8-11	12-15	16+
Harai Goshi	M	M	M
Tani Otoshi	M	M	M
Sode Tsurikomi Goshi	M	L & R—M	L & R—M
Hiza Guruma	L & R—S	L & R—S	L & R—S
Uki Waza	M	S	S
UKEMI	8-11	12-15	16+
Mae-ukemi	S	S	S
Koho-ukemi	Horse	Horse	Horse
Yoko-ukemi	Lapel	Lapel	Lapel
Zempo-kaiten	Horse	Horse	Horse
NE-WAZA	8-11	12-15	16+
Kata-gatame	√	√	√
Hadaka-jime	N/A	√	√
Kata-ha-jime	N/A	√	√
Waki-gatame	N/A	√	√
OTHER SKILLS	TERMINOLOGY		
Tani-otoshi as a counter	Renraku-waza (Combination Techniques)		
Renraku-waza: Ouchi-gari/seoi-nage	Kaeshi-waza (Counter techniques)		
2 Combination Techniques of choice	Kiai (Spirit Shout)		
1 Counter Technique of choice	Nage (Throw)		
Zempo-kaiten (no hands)	Uchi-Komi (Repeated entry of throw)		

Legend: Left = L / Right = R / Standing = S / Moving = M



Orange/Green Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Orange/Green Belt Requirements Continued

### PRE-TEEN JUDO (9-11 YEARS OLD)

- Must be a minimum of 9 years old to be graded to Green Belt.
- Minimum 44 classes as a orange belt.
- Fitness goals: 17 full push-ups; 30 sit-ups; 30 burpees.
- Fitness goals. 8 modified push-ups. 20 modified sit-up. 15 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 44 classes as a orange belt.
- Fitness goals: 25 full push-ups; 40 sit-ups; 35 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- 16 Years and up will be graded for full belts only.
- See green belt requirements.

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## GREEN BELT REQUIREMENTS

NAGE WAZA	8-11	12-15	16+
Kata-guruma	M	M	M
Uki-otoshi	M	M	M
Sukui-nage	M	M	M
Tomoe-nage	M	M	M
Osoto-guruma	S	S	S
UKEMI	8-11	12-15	16+
Mae-ukemi	S	S	S
Koho-ukemi	Horse	Horse	Horse
Yoko-ukemi	Lapel	Lapel	Lapel
Zempo-kaiten	Belt	Belt	Belt
NE-WAZA	8-11	12-15	16+
Ushiro-kesa-gatame	√	√	√
Okur-eri-jime	N/A	√	√
Ude-garami	N/A	√	√
Ude-Gatame	N/A	√	√
Sode-guruma-jime	N/A	√	√
OTHER SKILLS	TERMINOLOGY		
Nage-no-kata (Koshi-waza) Uki and Tori	Shime-waza (Chokes)		
Harai-goshi as a counter to osoto-gari	Kansetsu-waza (Arm Locks)		
Renraku-waza: seoi-nage/kesa gatame	Kata (Forms)		
Throw for throw randori	Hikite (Pulling Hand)		
Ne-waza randori	Waza (Technique)		

Legend: Left = L / Right = R / Standing = S / Moving = M



### Green Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Green Belt Requirements Continued

### PRE-TEEN JUDO (10-11 YEARS OLD)

- Must be a minimum of 10 years old to be graded to Green Belt.
- Minimum 60 classes as a orange/green belt.
- Fitness goals: 17 full push-ups; 30 sit-ups; 30 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 55 classes as a orange/green belt.
- Fitness goals: 25 full push-ups; 40 sit-ups; 35 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- Minimum 95 classes as a orange and orange/green belt.
- 16 Years and up will be graded for full belts only.
- Will be tested on both yellow/orange and orange belt requirements.
- Fitness goals: 30 full push-ups; 45 sit-ups; 27 burpees—1 minute.
- Participation in tournaments can reduce the number of classes to a maximum of 20 needed to be eligible for grading. (See the competition point grid below.)

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



<b>GREEN/BLUE BELT REQUIREMENTS</b>			
<b>NAGE WAZA</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Hane Goshi	M	M	M
Ushiro Goshi	L & R—M	L & R—M	L & R—M
Sumi Gaeshi	M	M	M
Morote Gari	S	S	S
Hikkomi Gaeshi	M	M	M
Kuchiki Taoshi	M	M	M
<b>UKEMI</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Mae-ukemi	√	√	√
Koho-ukemi	√	√	√
Yoko-ukemi	√	√	√
Zempo-kaiten	√	√	√
<b>NE-WAZA</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Koshi-jime	√	√	√
2 Transition from Tachi-waza to ne-waza	√	√	√
Turnover into Shime-waza of choice	N/A	√	√
Turnover into Kansetsu-waza of choice	N/A	√	√
<b>OTHER SKILLS</b>	<b>TERMINOLOGY</b>		
Nage-no-kata (Te-waza) Uki and Tori			
Nage-no-kata (Koshi-waza) Uki and Tori			
3 combination techniques (Techniques of your choice)			
Knowledge of Competition Rules (Random questions from examiner)			
Tournament Standards (Random questions from examiner)			

Legend: Left = L / Right = R / Standing = S / Moving = M





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Green/Blue Belt Requirements Continued

### PRE-TEEN JUDO (11 YEARS OLD)

- For grading to blue/green belt, you must be a minimum of 11 years old.
- Minimum 60 classes as a green belt.
- Fitness goals: 35 push-ups. 50 sit-ups. 40 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### YOUTH JUDO (12-15 YEARS OLD)

- Minimum 55 classes as a green belt.
- Fitness goals: 35 full push-ups; 50 sit-ups; 40 burpees
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- 16 Years and up will be graded for full belts only.
- See blue belt requirements.

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

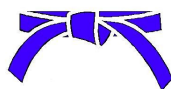
Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## BLUE BELT REQUIREMENTS

NAGE WAZA	8-11	12-15	16+
Uchi Mata	M	M	M
Ashi Guruma	S	S	S
Harai Tsurikomi Ashi	L & R—M	L & R—M	L & R—M
Ouchi Gaeshi	M	M	M
Kibisu Gaeshi	M	M	M
Ouchi Gaeshi	M	M	M
UKEMI	8-11	12-15	16+
Mae-ukemi	√	√	√
Koho-ukemi	√	√	√
Yoko-ukemi	√	√	√
Zempo-kaiten	√	√	√
NE-WAZA	8-11	12-15	16+
Hara-gatame	√	√	√
2 Transition from Tachi-waza to ne-waza	√	√	√
Turnover into Shime-waza of choice	N/A	√	√
Turnover into Kansetsu-waza of choice	N/A	√	√
OTHER SKILLS	TERMINOLOGY		
Nage-no-kata (Ashi-waza) Uki and Tori			
Nage-no-kata (Te-waza) Uki and Tori			
Nage-no-kata (Koshi-waza) Uki and Tori			
Mechanical analysis (kuzushi-tsukuri-kake) - Examiners choice			
Knowledge of Judo origin and history (where, when, who, why, from what)			

Legend: Left = L / Right = R / Standing = S / Moving = M

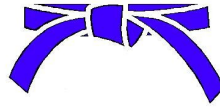


Blue Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Blue Belt Requirements Continued

### YOUTH JUDO (12-15 YEARS OLD)

- For grading to blue belt, you must be a minimum of 12 years old.
- Minimum 65 classes as a green/blue belt.
- Fitness goals: 35 full push-ups; 50 sit-ups; 40 burpees.
- Fitness goals. 8 modified push-ups. 20 modified sit-up. 16 burpees in 30 seconds.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- Minimum 105 classes as a green and green/blue belt.
- 16 Years and up will be graded for full belts only.
- Will be tested on both green/blue and blue belt requirements.
- Fitness goals: 40 full push-ups; 50 sit-ups; 29 burpees 1 minute
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



<b>BLUE/BROWN BELT REQUIREMENTS</b>			
<b>NAGE WAZA</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Sumi Otoshi	M	M	M
Yoko Gake	S	S	S
Yoko Otoshi	L & R—M	L & R—M	L & R—M
Harai Makikomi	M	M	M
Soto Makikomi	M	M	M
Utsuri-goshi	M	M	M
Ura-nage	M	M	M
Tawara-Gaeshi	M	M	M
Daki-age	M	M	M
Obi-otoshi	M	M	M
Yama-Arashi	M	M	M
Daki-wakare	M	M	M
<b>UKEMI</b>	<b>8-11</b>	<b>12-15</b>	<b>16+</b>
Zempo-kaiten	√	√	√
<b>OTHER SKILLS</b>	<b>TERMINOLOGY</b>		
Nage-no-kata (Ashi-waza) Uki and Tori			
Nage-no-kata (Te-waza) Uki and Tori			
Nage-no-kata (Koshi-waza) Uki and Tori			
Knowledge of Judo tradition and heritage			
Randori (Ground and Standing)			

Legend: Left = L / Right = R / Standing = S / Moving = M





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Blue/Brown Belt Requirements Continued

### YOUTH JUDO (13-15 YEARS OLD)

- For grading to blue/Brown Belt, you must be a minimum of 13 years old.
- Minimum 65 classes as a blue belt.
- Fitness goals: 40 full push-ups; 60 sit-ups; 45 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- 16 Years and up will be graded for full belts only.
- See brown belt requirements.

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010

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## BROWN BELT REQUIREMENTS

NAGE WAZA	8-11	12-15	16+
O Guruma	M	M	M
Yoko Wakare	M	M	M
Yoko Guruma	L & R—M	L & R—M	L & R—M
Uchi Mata Sukashi	M	M	M
Uchi Makikomi	M	M	M
O-Soto Makikomi	M	M	M
Hani-makikomi	S	S	S
Uchi-mata-makikomi	M	M	M
Uchi-mata-gaeshi	M	M	M
Hane-goshi-gaeshi	M	M	M
Harai-goshi-gaeshi	M	M	M
Kouchi-gaeshi	M	M	M
UKEMI	8-11	12-15	16+
Zempo-kaiten	√	√	√
OTHER SKILLS			
Nage-no-kata (Ashi-waza) Uki and Tori			
Nage-no-kata (Te-waza) Uki and Tori			
Nage-no-kata (Koshi-waza) Uki and Tori			
Kani-basami (Knowledge of prohibited throws)			
Kawazu-gake (Knowledge of prohibited throws)			
Ju-no-kata – first set			

Legend: Left = L / Right = R / Standing = S / Moving = M



Brown Belt Requirements





# OTTAWA JUDO CLUB BELT GRADING SYLLABUS 2010



## Brown Belt Requirements Continued

### YOUTH JUDO (14-15 YEARS OLD)

- For grading to Brown Belt, you must be a minimum of 14 years old.
- Minimum 75 classes as a blue/brown belt.
- Fitness goals: 40 full push-ups; 60 sit-ups; 45 burpees.
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### ADULT JUDO (16 YEARS OLD & UP)

- Minimum 115 classes as a blue/brown belt.
- 16 Years and up will be graded for full belts only.
- Will be tested on both yellow/orange and orange belt requirements.
- Fitness goals: 50 full push-ups; 60 sit-ups; 31 burpees/1 minute .
- Participation in tournaments can reduce the number of classes to a maximum of 25 needed to be eligible for grading. (See the competition point grid below.)

### COMPETITION POINT GRID

2 competition points equal 1 class with the maximum reduction stated in the applicable age category above. *Competitions are optional.*

Participation Points	Win by Koka	Win by Yuko	Win by Wazari	Win by Ippon
1	2	3	4	5

*All promotions are at the discretion of the head sensei.*

