

# Moose Jaw Koseikan Judo Club 2023-2024

[www.mjjudo.com](http://www.mjjudo.com)



## Parents and Judoka Handbook

### SEPTEMBER 2023

11, First day of classes

30-Oct1, Judo Sask Fall Competitive Camp U14+, Moose Jaw

### OCTOBER 2023

7, Judo Sask Awards Banquet, Moose Jaw

7-8, Judo Sask Fall Novice Camp, Moose Jaw

9, No Class, Thanksgiving

14-15, Manitoba Open

21-22, Ontario Open

29, Regina Y U14 and Senior Ne Waza Tournament

31, No Classes, Halloween

### NOVEMBER 2023

11-12, Quebec Open

16-19, Canada Cup, Montreal

18, Moose Jaw Koseikan Randori Day U14

19, Moose Jaw Koseikan U16+ Tournament

25, Judo Sask AGM, Saskatoon

25-26, Saskatoon YMCA Tournament and training

### DECEMBER 2023

2-3, Judo Sask Fall Grading

16-17, Judo Alberta Winter Camp

21, Last day of classes for Winter Break

### JANUARY 2024

5-7, Judo Sask Winter Camp, Watrous

8, Classes resume

13-14, Judo Canada Elite Nationals

27-28, Sask Open, Regina

### FEBRUARY 2024

3-4, Inner City Judo Tournament, Winnipeg

10-11, Swift Current Judo Tournament and training

19, No classes, Family Day

### MARCH 2024

2-3, Pacific International

8-10, Edmonton International Championships

23-24, Judo Sask Female Retreat

### APRIL 2024

1, No Classes, Easter Monday

13-14, Provincial Championships, Moose Jaw

20-21, Judo Sask Novice Camp

26-28, Interprovincial Camp, AB

### MAY 2024

1, Last day of classes

2, Club Awards night

23-26, Judo Canada National Championships

### JUNE 2024

1-2, Judo Sask Spring grading



EVENTS  
SCHEDULE  
ACROSS  
ALL  
LEVELS

The dates on this list are subject to change. For updates to this list, check the events calendar at [www.mjjudo.com](http://www.mjjudo.com), or the bulletin board at the Dojo

## **Moose Jaw Koseikan Judo Club 2023-2024 Class Fee Schedule**

All fees are due and payable on the first day of each semester. If necessary, club fees may be paid by post-dated cheques as stated.

In the case of an NSF cheque, a \$20.00 penalty will be imposed to offset bank charges.

***BEGINNER: \$300 for the 2023-2024 season***

***YOUTH/HIGH PERFORMANCE: \$500 for the 2023-2024 season***

***TEEN BEGINNER/ADULT REC: \$350 for the 2023-2024 season***

### ***Family Rates are available -***

For families with three or more registered members participating at the club level, a discount of 20% will be applied to the total registration fee for the family (not including family members who only pay associate membership fee) *Children 18 and older are considered independent and are not included in the family package.*

***Fees may be adjusted if member joins part way through season. See office for details.***

### ***Associate Memberships- (for members not participating on the mats)***

January 1, 2011 and younger	: \$60
December 31, 2010 and older	: \$65
Black Belt	: \$45

### ***Black Belt and Coaches***

No charge, if they are coaching

\$45 Judo SK/Canada fee if they are not coaching

## HISTORY OF JUDO

A number of legends have been passed down concerning the remote origins of Judo, but it was actually in Japan in 1882 that Dr. Jigaro Kano, along with a few disciples, established the first school of Judo, which they in turn named the "Kodokan".

Dr. Kano who was born in 1860 made an exhaustive study of the martial arts, the best known of which is Jujitsu. This consists of a series of fighting techniques which were very much in style during the feudal period, and which masters taught secretly to a privileged few.

Dr. Kano, an Oxford scholar became president of the faculty of Physical Education at the University of Tokyo. He established the principles of his own method, based on sports and physical education, with rules in which the spirit of combat was maintained, but where respect for one's opponent was very important.

Before World War II, Great Britain, the United States and Canada were about the only countries outside Japan that practiced this mysterious sport. In 1956 the first World Championship was held in Tokyo and in 1961 the third World Championship was held in Paris. This seemed to be the start of a universal acceptance of the sport, especially since the unbelievable had already occurred: Anton Geesink, the Dutch athlete, left the Coubertin Stadium with the World Title! Today the International Judo Federation has 92 member countries and it is quite possible that the mark of 100 will be passed in the near future.

With millions of Judoka around the world, and more than 50,000 in Canada, Judo has become a sport for all ages and both sexes, both within and outside organized competition.

Judo's hierarchical structure and inherent discipline have helped make it a popular activity both as a recreational and a competitive sport. Judo is also an Olympic sport. It was added to the program at the Tokyo Games in 1964, a fitting tribute to its founder who as a representative of the Japanese Olympic Committee had succeeded in having it accepted as a demonstrator sport for the 1940 Games. Unfortunately, those Games never took place because of the War.

In Munich in 1972, the Russians won their first gold medal in Judo thanks to the efforts of Chochocvilil. In the same Olympics, Ruska gave Holland it's second gold. While Japan remains the undisputed master of the sport, Judo has nevertheless reached a degree of universal maturity, the supreme goal of its found, due largely to solid national and international structures and to youth eager for combat sports. Judo is indeed heading in the right direction!

## DEVELOPMENT OF JUDO IN CANADA

It was around 1924 that Judo was introduced to the Canadian West Coast under the impetus of and through the enthusiasm of a young Japanese Judoka. Takagaki was a fourth Dan at the time. He and a few fellow immigrant Japanese founded the first Canadian Dojo for both socio-cultural and sport purposes. After a few years, Mr. Takagaki returned to Japan where he later obtained his ninth Dan.

Among the pioneers of that era we must mention Mr. Sasaki who became the director of the Dojo. On the occasion of a visit to Vancouver, Master Kano gave to the first Canadian Dojo the name of the Kodokan. Around the 1940's, many Japanese and Canadian's of Japanese origin were relocated to the East of the Rockies and at the end of the war, many of them preferred to remain in their new communities. They began to develop the sport of Judo. That was the beginning of the Raymond and Lethbridge dojos in Alberta as well as the Hatashita Judo Club in Toronto and the Montreal Seidokan.

Early in the 1950's, many European black belt Judoka settled in the East, especially in Quebec. Not all of them were teaching Kodokan Judo but they contributed largely to its practice on a wider scale. They established the first Canadian Judo Federation (C.J.F.) which became affiliated with the International Judo Federation (IJF), also a newly established organization.

At the time of the first World Championships of 1956, in Tokyo, there were two representatives from the Canadian Judo Federation. During that same year, the Canadian Kodokan Black Belt Association (CKBBA) was formed, regrouping members from several provinces, with Mr. Sasaki as its first president on October 25, 1956.

In 1958, at the second World Championships, Canada was represented by Mr Umetsu, the second president of the CKBBA, who was both a delegate to the congress of the IJF, and a competitor. That same year, recognition was granted to the CKBBA by the International Judo Federation. To the present day, Judo Canada is the only official organization governing Judo in Canada. Mr. Hatashita was elected third president of the Association in 1961 and held office until 1978. There is presently a Judo Association in each Canadian province and territory.



## PHILOSOPHY

The Constitution of the International Judo Federation states that the principles and philosophy of traditional Judo, as created by Dr. Jigaro Kano, shall be followed.

**JUDO** - "ju" literally means softness and gentleness. A classic description of the meaning is as follows:

"Like the willow tree which bends the fury of the tempest, so that at the end, its flexible branches remain unbroken, whereas the rigid oak tree is broken or uprooted."

Sometimes the principle is misunderstood as complete non-resistance. But it should be noted that the willow tree does use some strength, in that it keeps its roots firm — tai-sabaki. In Judo, force is not directly resisted, but there is an indirect resistance which is based on balance, skill and strategy — kaeshi-waza (countering techniques, etc...).

"do" is interpreted as system, way, method, style, or profound belief. The sport of Judo's objective is spiritual development, physical fitness, and self defense, plus unselfish regard for others, which is necessary in our modern life. Eventually all societies and nations can benefit from the ideals of Judo's mottos — "Jita-Kyoei" - Mutual Benefit and "Seiryoku-Zenyo" - Maximum Efficiency with Minimum Effort. The majority of nations of the world now practice Judo and consequently it is presently an Olympic sport.

## **Moose Jaw Koseikan Judo Club**

### Etiquette Guide for Students

Proper observance of etiquette is as much a part of your training as is learning techniques.  
Judo training places as great an emphasis on the cultivation of proper conduct as it does the martial art.

#### **PLEASE TAKE THE FOLLOWING GUIDELINES SERIOUSLY**

1. **We bow to indicate our gratitude and mutual respect.** *It is common for people to ask about the practice of bowing in Judo. In particular, many people are concerned that bowing may have some religious significance. It does not. In Western culture, it is considered proper to shake hands when greeting someone for the first time, to say "please" when making a request and to say "thank-you" to express gratitude. In Japanese culture, bowing fulfills all these functions.*  
*Bowing is appropriate on the following occasions:*
  - (a) when entering and leaving the dojo
  - (b) when stepping on or off the mat
  - (c) at the beginning and end of class
  - (d) when asking or thanking a partner for practice
  - (e) after receiving special instructions from the sensei
2. **The cleanliness of the mat and dojo are essential.** *Remove shoes upon entering and leave them neatly in the entrance way. Do not walk on the exterior surface or outside in bare feet. Make sure your feet are clean before stepping on the mat.*
3. **Be on time for class.** *If you are late, enter and go to the changeroom. Re-enter, sit on a corner of the mat until the instructor indicates you can join class. Bow to the instructor.*
4. **Remove all rings, earrings, watches, necklaces and bracelets before practice.**
5. **Personal hygiene is extremely important.** *Judo is a contact sport, students are expected to maintain good hygiene by:*
  - (a) coming to class with clean hands and feet
  - (b) keeping finger and toe nails short and clean
  - (c) keeping your training uniform clean, in good shape and free of offensive odour*Occasionally people scrape their hands and feet during practice. The rule is that a student must stop participating long enough to cover with a bandage or tape any scrape or cut that is bleeding. The club has first aid supplies available for these occasions.*
6. **If you or someone else is hurt, tell the sensei at once.** *If you need to rest, request permission from the instructor. If you have a problem during practice, let your partner know. Do not leave the mat without the permission of your sensei.*
7. **Avoid leaning against the walls or sitting with your legs stretched out.** *Either sit in seiza or cross legged. Also, avoid sitting on the mat with your back to the sensei or any randori.*
8. **Please keep talking during class to a minimum and do not engage in roughhousing during class** *What conversation there is should be restricted to one topic — JUDO. Excessive noise and rowdiness are distractions. Distractions can lead to injury and will not be tolerated.*
9. **Do not bring food, gum or beverages with you on to the mats.**
10. **Judo is NOT a sport that should be practiced outside a dojo or a tournament.** *A person not trained in the sport of Judo can be seriously injured and should not be considered a partner for ANY techniques.*
11. **New students should seek out partners and not wait for someone to choose them.** *During randori it is considered impolite to leave a black belt or higher ranking student standing without a partner. Higher ranked judoka will generally not ask a lower ranked student to randori because it may seem that they want to show off. It is considered a compliment to ask a higher rank to practice and he/she will almost never refuse to invitation. It's generally a good idea for new judoka to seek out the more experienced students as often as possible. It is safer for the new student and it helps the new student learn proper technique.*
12. **Remember that you are here to learn, and not to gratify your ego.** *One of Judo's most important rules is "Mutual Benefit and Welfare". Everything we do in the Judo club follows this rule. The goal of the club is for every participant to be comfortable and to have a good time while learning about Judo.*

## **INSTRUCTORS (Sensei)**

<b>Dale Berglund</b> senseiberglund@gmail.com	<ul style="list-style-type: none"><li>• Started judo in 1967</li></ul>	<ul style="list-style-type: none"><li>• First Saskatchewan coach to attain the rank of Rokudan (2017)</li><li>• Current chair of grading for Judo Saskatchewan</li></ul>
<b>Brian Cook</b> smotra.cook@sasktel.net	<ul style="list-style-type: none"><li>• Started judo in 1960's</li></ul>	<ul style="list-style-type: none"><li>• Received Godan in 2010</li><li>• Current Club Trustee</li></ul>
<b>Jim Wiens</b> jimw@sasktel.net	<ul style="list-style-type: none"><li>• Started judo in 1978</li></ul>	<ul style="list-style-type: none"><li>• Current Vice President of Judo Saskatchewan</li><li>• Received Yondan in 2017</li></ul>
<b>Garth Rivers</b> glrivers@hotmail.com	<ul style="list-style-type: none"><li>• Started judo in 1998</li></ul>	<ul style="list-style-type: none"><li>• Received Nidan in 2011</li><li>• Current Club President</li></ul>
<b>Vern MacDonald</b> vernonmacdonald@hotmail.com	<ul style="list-style-type: none"><li>• Started judo in 1980</li></ul>	<ul style="list-style-type: none"><li>• Received Nidan in 2013</li></ul>
<b>Destiny Gibney</b> dgibney@gmail.com	<ul style="list-style-type: none"><li>• Started judo in 1987</li></ul>	<ul style="list-style-type: none"><li>• Received Nidan in 2022</li><li>• Member of coaching committee for Judo Saskatchewan</li></ul>
<b>Stephanie Laturnus</b> stephanielegault@hotmail.com	<ul style="list-style-type: none"><li>• Started judo in 1995</li></ul>	<ul style="list-style-type: none"><li>• Received Shodan in 2003</li></ul>
<b>Dan Orescanin</b> dan@sasktel.net	<ul style="list-style-type: none"><li>• Started judo in 1997</li></ul>	<ul style="list-style-type: none"><li>• Received Shodan in 2002</li></ul>
<b>Tallissa Edwards</b> tallissagjedwards@hotmail.com	<ul style="list-style-type: none"><li>• Started judo in 2005</li></ul>	<ul style="list-style-type: none"><li>• Received Shodan in 2022</li><li>• Current Club Vice-President</li></ul>
<b>Sara Wiens</b> wienssara76@gmail.com	<ul style="list-style-type: none"><li>• Started judo in 2004</li></ul>	<ul style="list-style-type: none"><li>• Holds the rank of Ikkyu</li></ul>
<b>Mathieu Leonard</b> mathieu_leonard@hotmail.com	<ul style="list-style-type: none"><li>• Started judo in 2019</li></ul>	<ul style="list-style-type: none"><li>• Holds the rank of Sankyū</li></ul>

## **CLUB ADMINISTRATION**

**Michelle Wiens, Secretary/Treasurer**

m.j.judoclub@sasktel.net

306-630-7577 (c) 306-691-0051 (h)

## Judo Canada Competitors Chart *The Competitive Pyramid*



### **Koseikan Parents Group**

The Koseikan Parents Group was formed to assist the club with organizing events and fundraising. An information night will be held following the fall registration for any parents and adult judoka who are interested in getting involved. The exact date and time of that and all future meetings will be posted on the bulletin board at the club.

### **ATHLETE AGREEMENT**

#### **ALL ATHLETES MUST READ AND MUST SIGN THIS AGREEMENT ON THE REGISTRATION FORM**

Athletes should demonstrate good sportsmanship and show respect for others by winning with humility and losing with dignity; avoiding behaviour that could cause disruption or interference with other competitors during training or competition; striving to demonstrate a positive and supportive attitude towards themselves and others; working as a cooperative member of club; being respectful of the equipment of others and the club; and being responsible for the safe handling, care and maintenance of their own equipment. Athletes are also expected to show respect to the coaches and volunteers within the club.

Minor breaches of discipline shall be dealt with by the coaches by discussing the problem with the athlete or athletes involved. If this informal approach fails to resolve the problem, or if there are persistent breaches of this Agreement, a second discussion will occur. Minors involved in incidents at this stage will also have their parents or guardians included in this discussion. Should the issues continue past this point a third step will commence, which would include the removal of the athlete indefinitely from any practice, competition or other events that the Moose Jaw Koseikan Judo Club is responsible for and a formal request will be made to Judo Saskatchewan to have the athlete also suspended at that level.

## **BASIC RULES**

Contests will be fought until an Ippon is obtained, or time expires. Time limits vary from 2 to over 4 minutes. Ippon is automatic win, Waza-ari is a lesser score, but 2 Waza-ari add up to win a match before time expires.

(1.) When one of the competitors succeeds in throwing his or her opponent with sufficient force or speed, he/she shall be awarded points of:

Ippon ..... Full Point  
Waza-ari ..... Partial point

(2.) When a contestant succeeds in holding his/her opponent on the ground with his/her back to the mat and with no entanglement for a specific length of time, points will be awarded as follows:

20 seconds ..... Ippon  
10 but less than 20 ..... Waza-ari

(3.) When as a result of a struggle or arm lock, one of the contestants surrenders by hitting the mat, his/her own body or his/her opponents body twice with his/her hand or foot a full point shall be awarded.

(4.) At the end of the time limit, if the positive point score is tied, the "Golden Score" rule will apply. Competitors will return to the center of the mat and competition will begin again with an unlimited time limit. The first competitor to score, will win the match. If either competitor is penalized, their opponent will win the match.

## **PENALTIES**

SHIDO - slight infringements - technical / tactical faults

HANSOKUMAKE - grave infringements - endangering the competitors or against the spirit of Judo

A penalty is given but with new rule changes, no longer gives points to the opposing competitor:

3 shidos for a competitor = Hansokumake and opponent wins

## **AGE DIVISIONS**

Under 8 boys and girls (U8)	2017 and younger
Under 10 boys and girls (U10)	2015-2016
Under 12 boys and girls (U12)	2013-2014
Under 14 boys and girls (U14)	2011-2012
Under 16 men and women (U16)	2009-2010
Under 18 men and women (U18)	2007-2008-2009
Under 21 men and women (U21)	2004-2005-2006-2007-2008-2009
Senior men and women (21+)	2009 and older
Masters (Veteran) men and women	Born 1994 and older

***Our club is supported by:***





# HAND SIGNALS

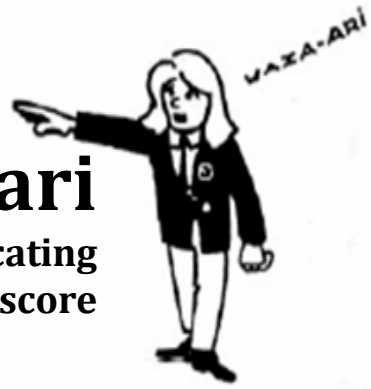


## Ippon

Referee: indicating an Ippon score

## Waza-ari

Referee: indicating a Waza-ari score



## Matte

Referee: signalling to stop



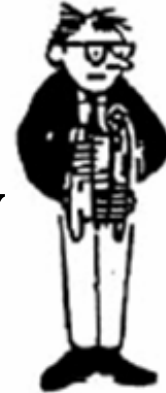
## Osaekomi

Referee: indicating the start of a hold (left) and a broken hold (right)



## Non-combativity

Referee: indicating a stalling penalty



## Nullifying Score

Referee: indicating to remove score awarded

## Sonomama

Referee: indicating he wants both judoka to freeze, and then to resume action

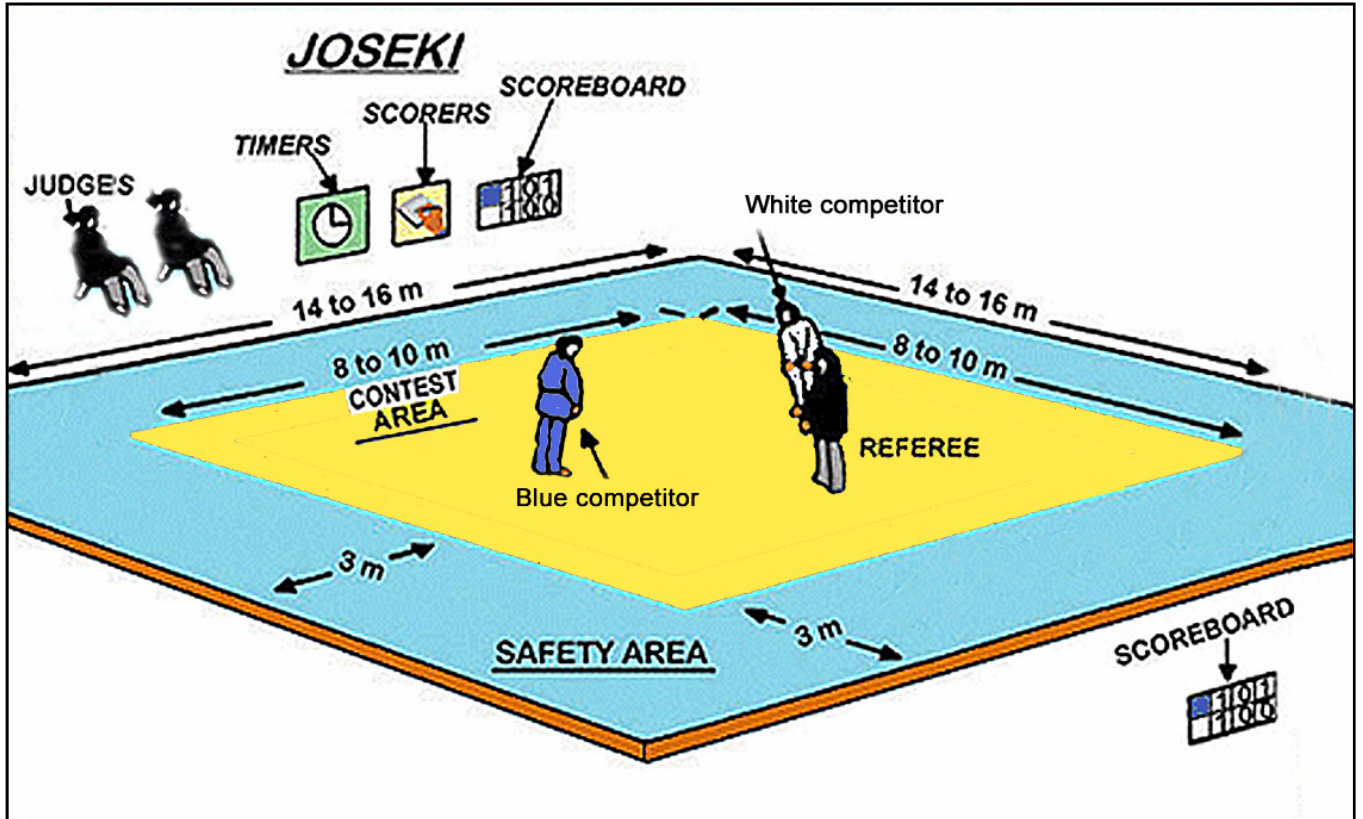


## Fix Judogi

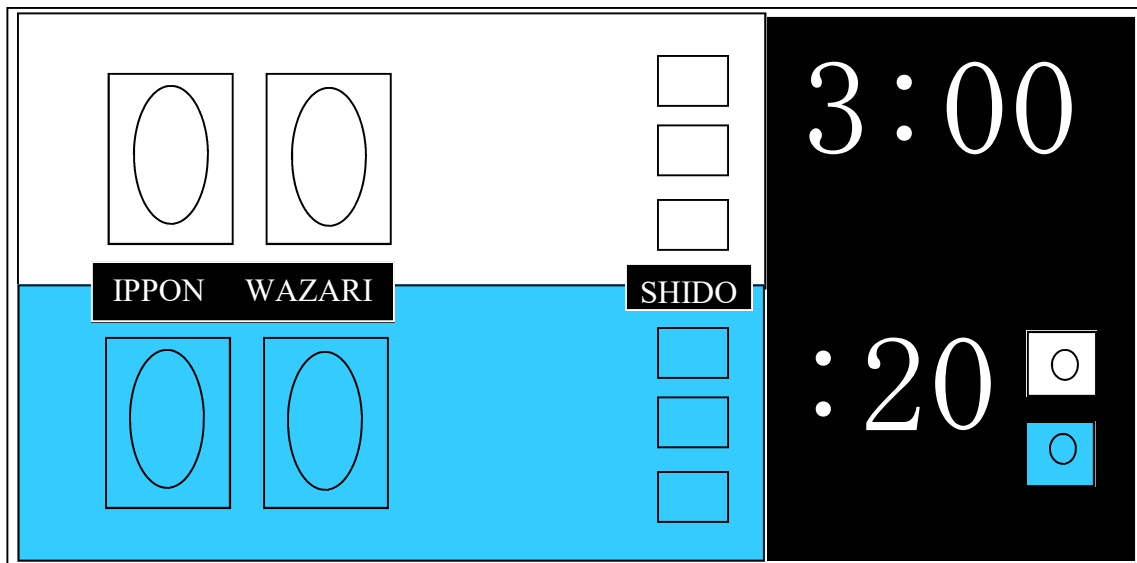
Referee indicating to the judoka to fix his/her judogi



## Contest Area



## Score Board



# Judo Terminology

Anza: Sitting position with legs crossed.

Age: To elevate or to raise.

Ashi: Foot or leg (as in Okuri-ashi-barai).

Ashi-no-yubi: Toes.

Atama: Head.

Atemi: To strike a person.

Ayumi-ashi: A method of footwork in judo.

Barai: Sweeping action with the leg or foot (as in De-ashi-barai).

Batsugun: The awarding of a Dan promotion without a formal examination.

Budo: Martial or military way or philosophy.

Butsukari: Repetitive drill for developing skill in throwing.

Chiisai: Small.

Chuo: The centre.

Dan: Black belt grade.

Do: Way, philosophy, doctrine, reason, principle, virtue.

Dojime: Body scissors/squeeze (illegal in competition).

Dojo: Place or club where Judo is practiced.

Dori: Grab (as in Kata-ashi-dori).

Eri: Lapel of the Judo gi (as in Okuri-eri-jime).

Fusegi: Defense.

Fusen: Default (as in Fusen-gachi or win by default).

Gachi (Kachi): To win, to be victorious.

Gaeshi (Kaeshi): Counter or reversal (as in Sumi-gaeshi).

Gari (Kari): To reap (as in O-soto-gari).

Garami: Entangle or twist (as in Ude-garami).

Gatame: Pin or (joint) lock (as in Kata-gatame or Ude-gatame).

Geta: Traditional wooden shoes worn in Japan.

Gi (Judogi): Judo uniform.

Godan: 5th Degree black belt.

Gokyu: Yellow belt.

Gokyo-no-waza: The five classifications of techniques originally devised by the Kodokan in 1905. This was the first standardized form of instruction for throwing techniques.

Goshi (Koshi): Hip (as in O-goshi).

Goshin-jutsu: Self-defense kata.

Goshin-ho: Methods of self-defense.

Guruma: Wheel (as in Kata-guruma).

Gyaku: Reverse (as in Gyaku-juji-jime).

Ha: Wing (as in Kata-ha-jime).

Hachidan: 8th Degree black belt.

Hadaka: Naked/bared (as in Hadaka-jime).

Haisha: Loser

Hajime: To start (used as a referee's command in contests).

Hando-no-kuzushi: Reaction forms of unbalancing. This implies how the opponent reacts to the attacker's attack.

Hane: Springing action (as in Hane-goshi).

Hansoku-make: Violation of the rules in a contest.

Happo: Eight sides or directions (as in Happo-no-kuzushi or 8 directions of unbalancing developed in Kodokan judo).

Hara: Stomach (as in Hara-gatame).

Harai (Barai): Sweeping action with the leg or foot (as in Harai-goshi).  
Henka-waza: Techniques against opponent attack  
Hidari: Left (as in Hidari-jigo-tai or Hidari-shizen-tai).  
Hiji: Elbow (as in Hiji-makikomi, Kansetsu-waza).  
Hiki-te: pulling hand  
Hikiwake: draw  
Hikkomi: To draw into (as in Hikkomi-gaeshi).  
Hishigi: Crush (as in Ude-hishigi-waki-gatame).  
Hiza: Knee (as in Hiza-guruma).  
Hon: Basic or fundamental (as in Hon-kesa-gatame).  
Hontai: Basic posture.  
Ichiban: "Number one", the best.  
Ikkyu: Brown belt.  
Ippon: Full point.  
Itsutsu: Five (as in Itsutsu-no-kata or forms of five).  
Jigotai: Defensive (lower) posture.  
Jiku-ashi: Pivoting leg.  
Jime (Shime): Choke or strangle (as in Hadaka-jime).  
Jita Kyozei: Mutual benefit and welfare.  
Jo-gai: Outside contest area.  
Jo-nai: Inside contest area.  
Jo-seki: Upper seats.  
Ju: The principle of gentleness, yielding, or giving way.  
Judan: 10th Degree black belt.  
Judo: The gentle way.  
Judo-gi: Judo uniform.  
Judoka: One who practices judo, a student of judo.  
Ju-no-Kata: The forms of "gentleness" or "yielding".  
Juji: To cross (as in Juji-jime).  
Junbi-undo: Warming up exercises.  
Jutsu (Jitsu): Skill, art, technique.  
Kaeshi/Gaeshi: Counter (as in Kaeshi-waza).  
Kaiten: Rotation.  
Kake: To hook, or to attack.  
Kami: Upper, above or upper in rank or place (as in Kami-Shiho-gatame).  
Kappo: Resuscitation method.  
Kata: Single or shoulder or form (as in Kata-juji-jime or Kata-gatame or Nage-no -kata).  
Katame/gatame: To secure, make strong or firm, to guard.  
Katame-waza: Grappling techniques.  
Kami: Upper (as in Kami-Shiho-gatame).  
Katame-no-Kata: Forms of grappling.  
Katsu: Techniques of Kappo.  
Kawazu-gake: Leg entwining, an illegal throwing technique in contest judo.  
Keiko/Geiko: Practice.  
Ken-ken: A phrase meaning "hop, hop." (as in Ken-ken Uchi-mata).  
Kesa: Scarf (as in Kesa-gatame).  
Kiai: Shout during execution of technique, expression of spirit and source of energy.  
Kiken-gachi: Win by injury.  
Kibisu: Heel (as in Kibisu-gaeshi).  
Kime-no-Kata: Forms of decision.  
Kinsa: Slight superiority or inferiority.  
Kinshi-waza: Prohibited technique.

Ki-o-tsuke: Come to attention.  
Ko: Minor (as in Ko-Soto-Gari).  
Kodansha: A holder of the rank of Godan (5th degree black belt) or above.  
Kodokan: The original judo school established by Professor Jigoro Kano in 1882.  
Kohai: A junior member in a dojo.  
Kokoro: Mind, spirit, heart and mentality.  
Komi: Pull (as in Tsuru-komi-goshi).  
Kosen: A variation of the Kodokan judo competitive ruleset. Kosen judo's rules allow for greater emphasis of Ne-waza (ground techniques) than typically takes place in competitive judo and it is sometimes regarded as a distinct style of judo.  
Koshi (Goshi): Hip (as in Koshi-guruma).  
Koshiki-no-kata: The forms of antiquity.  
Koshi/Goshi-waza: Hip throw.  
Ko-waza: A minor technique.  
Kubi: Neck.  
Kudan: 9th Degree black belt.  
Kumi-kata: Basic gripping techniques.  
Kuzure: Variation (as in Kuzure-kesa-gatame).  
Kuzushi: To unbalance or to upset.  
Kyu-sho: Vital points.  
Maai: Distance between two players.  
Mae: Front.  
Mae-ukemi: Front fall (also called Zenpo-ukemi).  
Maita: Phrase meaning "I surrender" and shown by submission or tapping.  
Makikomi: To wrap around, winding (as in Soto-makikomi).  
Makura: Pillow (as in Makura-kesa-gatame).  
Mata: Thigh (as in Uchi-mata).  
Mate: Wait.  
Migi: Right (as in Migi-jigo-tai or Migi-shizen-tai).  
Mondo: Questions and answers.  
Morote: Both hands (as in Morote-seoi-nage).  
Mudansha: A non-black belt holder.  
Mune: Chest (as in Mune-gatame).  
Nage: To throw or propel.  
Nage-no-kata: The forms of throwing.  
Nage-komi: Throwing practice.  
Nage-waza: Throwing techniques.  
Nami: Common, usual (as in Nami-juji-jime).  
Ne-waza: Grappling techniques (including Osae-waza (immobilization techniques), Shime-waza (strangulation techniques), and Kansetsu-waza (armlock techniques)).  
Nidan: 2nd Degree black belt.  
Nihon (Nippon): Japan.  
Nikkyu: Blue belt.  
O: Major (as in O-goshi).  
Obi: Judo belt.  
Okuri: Sliding (as in Okuri-eri-jime).  
Osae: Immobilize, to restrain, keep down (as in Osae-waza).  
Osae-Komi: To apply an immobilization (as in Osae-komi-waza).  
Otagai-ni-rei: Bow to each other.  
Otoshi: To drop (as in Tani-otoshi).  
O-waza: Major technique.  
Randori: Sparring.

Rei: To bow; courtesy.  
Rei-ho: Bowing procedure.  
Renraku: A series, a combination (as in Ranraku-waza).  
Renshu: To drill or practice exercises.  
Ritsurei: Standing bow.  
Rokkyu: White belt.  
Rokudan: 6th Degree black belt.  
Ryote: Two-handed (as in Ryote-jime).  
Sandan: 3rd Degree black belt.  
Sankaku: Triangle, 3 angles or corners (as in Sankaku-jime).  
Sankyu: Green belt.  
Sasae: To block (as in Sasae-tsurikomi-ashi).  
Seiryoku Zenyo: Maximum efficiency through minimum effort.  
Seiza: Sitting in a formal position.  
Sempai: A senior member in a dojo.  
Sen: Initiative in applying mental or technical ability to gain advantage over an opponent.  
Senshu: Athlete; competitor.  
Sensei: Teacher or instructor.  
Sensei-ni-rei: Bow to Sensei.  
Sen-no-Sen: Superior initiative where one attacks the opponent before he has a chance to attack. Take the initiative away from the opponent. Anticipate.  
Seoi: To carry over the back (as in Seoi-nage).  
Shiai: Competition.  
Shiai-jo: Competition arena  
Shichidan: 7th - Degree black belt.  
Shido: Light penalty; instruction.  
Shihan: Master teacher.  
Shiho: Four corners (as in Yoko-shiho-gatame).  
Shime: To squeeze or strangle (as in Shime-waza).  
Shimpan: A referee.  
Shin: Sincere, truth, faith, real, genuine, mental application of being sincere.  
Shin Gi Tai: The coordinated system of shin (sincere mental application), gi (realistic technical application) and tai (the physical application stressing the importance of physical fitness).  
Shisei: Posture.  
Shizen-tai: Natural basic posture.  
Shodan: 1st Degree black belt.  
Shomen: Dojo front.  
Shomen-ni-rei: Bow to the front of the dojo.  
Shosha: Winner.  
Shu-shin: Chief referee.  
Sode: Sleeve (as in Sode-tsurikomi-goshi).  
Sono-mama: Do not move.  
Sore-made: That is all. A phrase used by referee to signal end of contest.  
Soto: Outer or outside (as in Soto-makikomi).  
Sukashi: A counter or an evasion against an opponent's attack (as in Uchi-mata-sukashi).  
Sukoshi: A little.  
Sukui: To scoop (as in Sukui-nage).  
Sumi: Corner (as in Sumi-otoshi).  
Sutemi-waza: Sacrifice techniques.  
Tachi: To stand, standing (as in Tachi-waza).  
Tachi-shobu: Standing battle.  
Tachi-waza: throwing techniques including Te-waza (hand techniques), Koshi-waza (hip techniques), Ashi-waza (leg techniques), and Sutemi-waza (sacrifice techniques).

Tai: Body (as in Tai-otoshi).  
Taisabaki: Body management, body movement.  
Tandoku-renshu: Solo exercise or practice.  
Tani: Valley (as in Tani-otoshi).  
Tatami: A judo mat.  
Tate: Straddle (as in Tate-shiho-gatame).  
Te: Hand (as in Te-guruma).  
Te-waza: Hand throw.  
Toketa: The referee's command that a hold is broken or ended.  
Tokui: Proficient, favorite or best technique (as in Tokui-waza).  
Tomoe: Circle (as in Tomoe-nage).  
Tori: The person who performs the technique.  
Tsugi-ashi: Follow-foot movement, a form of footwork.  
Tsuki: Thrusting (as in Tsuki-komi-jime).  
Tsukuri: Set up to execute technique.  
Tsuru: Lift (as in Harai-tsuru-komi-ashi).  
Tsuru-komi: The act of lifting and pulling into the body (as in Ttsuru-komi-goshi).  
Tsuru-te: Lifting hand.  
Uchi: Inner (as in O-uchi-gari).  
Uchi-komi: Repetition practice without throwing.  
Ude: Arm (as in Ude-gatame; Ude gashi).  
Uke: Person defending a judo technique.  
Ukemi: Falling practice (side, back, forward).  
Uki: Floating (as in Uki-otoshi).  
Unbo: Exercises, calisthenics.  
Ura: Back (as in Ura-nage).  
Ushiro: Reverse or rear (as in Ushiro-kesa-gatame).  
Ushiro-ukemi: Back breakfalls (also called Koho-ukemi).  
Utsuri: Change or transfer (as in Utsuri-goshi).  
Waki: Armpit (as in Waki-gatame).  
Waza: Technique.  
Waza-ari: Almost ippon.  
Waza-arei awasete ippon: Two waza-are score ippon.  
Yakusoku renshu/geiko: agreed upon practice.  
Yama: Mountain (as in Yama-arashi, or mountain storm).  
Yame: Stop.  
Yoko: Side (as in Yoko-shiho-gatame).  
Yoko-sutemi-waza: Side sacrifice throw.  
Yoko-ukemi: Side fall (also called Sokohu-ukemi).  
Yondan: 4th Degree black belt.  
Yonkyu: Orange belt.  
Yoshi: Continue.  
Yudansha: A black belt holder.  
Yusei-gachi: Win by superior performance  
Zarei: A seated, formal bow.  
Zen: Virtue, goodness.  
Zenko-kaiten: Front rolling fall.  
Zori: Sandals made of straw.

# **Maximum Efficiency with Minimum Effort**

## **Mutual Welfare and Benefit**

# PROMOTIONS

## GENERAL INFORMATION

The techniques and skills in this syllabus guide are presented in the form of a curriculum required at each full grade level. There is a list of techniques for instructors to teach and then require judoka to provide demonstrations in order for them to progress to their next belt.

In consistency with the Judo Canada mandate to promote competitive sport, this kyu belt grading syllabus includes only judo techniques included by current competition standards. Judo Canada's opinion is that techniques not allowed in competition should be acquired by judoka once needed for shodan and beyond grading.

The NCCP program for judo instructors incorporates the Kyu and Junior Kyu syllabi so that judoka have standardized requirements for grading across Canada. With 11 progressive levels, the junior syllabus provides a physical, visible, acknowledgement of accomplishment, skill advancement and positive judo attitude and approach for young judoka.

The progression of techniques from one belt level to the next is deliberately defined from the perspective of safety for both the judoka doing the technique (tori) and the judoka receiving the technique (uki), especially uki's ability to fall safely to the mat (ukemi). All techniques (throwing and grappling) are meant to be practised safely on the right and left sides. This progression and focus on safety are also stressed in the NCCP courses. For all grades, the full techniques should be practiced in motion and demonstrated for grading in motion, so judoka clearly understand that judo is a dynamic sport.

All promotions must be registered with Judo Canada. During gradings for orange belt and higher, the instructor should ask the judoka to demonstrate any technique in the syllabus for that belt level and lower. This encourages judoka to continuously build on previously acquired skills rather than focusing only on the techniques required for the next belt level.

The Judo Canada Kyu syllabus recognises the evolution, development and societal changes that impact judo. While respecting the traditions of Kodokan judo, the techniques contained in the Kyu syllabus have been adapted to be taught in the Canadian context. Careful consideration has been given to incorporate the principles of current teaching and learning theory. For example, the time needed for an average judoka to learn a new complex skill requires 2-3 practices per week over a period of between 8 to 12 weeks. Therefore, it will take several years of consistent practice and monitoring for a newcomer to fully master all judo techniques included in this guide.

Continuous learning and refinement of these techniques is important as one progresses through the belt levels. Judoka who aspire to achieve the rank of black belt are encouraged to understand the requirements for Shodan and to prepare accordingly.

The learning approach contained in this syllabus focuses on fundamental movement skills and physical capacities rather than on technical skills, alone. Judo Canada believes that this approach addresses the safety aspects of judo while building athleticism and body awareness both of which are important for the accelerated acquisition of complex movement skills as the judoka progresses.

Finally, the promotion requirements can be adapted to focus on needs of recreational judoka of any age, e.g. for the youngest judoka experiencing judo for the first time, for aspiring competitors in combat sport, or for those who want to focus on formal judo - kata competitions.

*NOTE - in competition:*

- yellow/orange is considered yellow,
- orange/green is considered orange,
- etc.



In judo, it is generally accepted that the various ranks are represented by belts of different colours. Judoka learn a variety of throwing and grappling techniques. They develop these skills and demonstrate their competency as part of the promotion requirement. In addition to traditional sport-specific skills, judoka focus on development of fundamental movement skills, basic fitness requirements and behaviour consistent with the moral code of judo and values promoted by Judo Canada.

The coloured belts—Students are evaluated and promotions are awarded by the instructors of a Dojo.

The time requirements between promotions to different coloured belts is variable and is based on the following criteria:

- Physical fitness level
- Age of the judoka
- Regular attendance at classes
- Competitive success
- Frequency of classes per week
- The natural disposition of the student
- Behaviour consistent with the moral code of judo and values promoted by Judo Canada.
- Ability to demonstrate the required technical elements at acceptably proficient level.
- Passion for judo and attitude that serves development of the club, community, and the sport.

**JUDO CANADA JUNIOR KYU GRADE SYSTEM**  
*(\*Junior applies to judoka 15 years old and younger)*



**FAST TRACK PROMOTIONS FOR EXCEPTIONAL COMPETITORS**

Judo Canada’s mission is to prepare athletes to win medals at the highest international level. It has been determined that to accomplish this goal, Canadian judoka who enter the Specialization Stage of development as detailed in the LTD need to accumulate an adequate volume of competitive experience during the formative years of their judo career. The minimum recommended number of competitions per year is proposed in the table below.

<p><b>U14</b>  <b>Minimum 6</b>  <b>Competitions/</b>  <b>year</b></p>
<p><b>U16</b>  <b>Minimum 8</b>  <b>Competitions/ year</b></p>
<p><b>U18 and older</b>  <b>Minimum 8</b>  <b>Competitions/ year</b></p>

Judoka who are progressing successfully through the Kyu grades, and who are competing in the required number of events as specified above, are eligible for a “fast track” progression through Kyu grades. The fast track applies only to judoka in this “Specialization Stage” and who are eligible to compete in regular age-specific judo competitions – starting with 12 year old and older AND yellow belt and above. For judoka who excel in competition at this level, the requirements should focus on meeting fitness goals that promote the development of athleticism and on demonstrations of favourite techniques, combinations and kaeshi-waza rather than on formal evaluations of all the skills included in the syllabus.

## **PROMOTIONS BY STANDARD TRACK**

Judo Canada's goal is to encourage all participants to stay in the sport of judo and benefit from all the development opportunities. At the early stages of development, the role of the instructor is to encourage and offer the judo programs in an engaging and low stress environment so the judoka has fun while learning.

The technical requirements for Yellow, Orange and Green belt listed in this guide should be considered as recommended guidelines and not as a fixed and mandatory standard. The promotion process for judoka should be as low stress as possible, provide a fun experience, a sense of accomplishment and improved self-esteem. The only standard that Judo Canada recommends is to follow the minimum number of years/seasons per grade. The time in grade in the table below is a recommended minimum. This recommendation does not apply to outstanding competitors. However, such exemptions for competitors can be employed only once the judoka is 12 years old and older, when they start specialization in judo and can compete in a regular competition format.

<i>Time in grade/ Age</i>	<b>U10</b>	<b>U12</b>	<b>U16</b>	<b>16+</b>
<i>White to Yellow</i>	2 years	1 year	10 months	8 months
<i>Yellow to Orange</i>	2 years	1 year	10 months	8 months
<i>Orange to Green</i>	N/A	1 year	8 months	8 months
<i>Green to Blue</i>	N/A	N/A	8 months	8 months
<i>Blue to Brown</i>	N/A	N/A	8 months	8 months
<i>Brown to Black</i>	N/A	N/A	1 year	1 year

### **Minimum Time Requirements**

The length of time that is indicated for each belt and age group is the minimum required and should be adjusted by instructors according to fitness level and age of the judoka. The goal is to keep judoka interested and active in judo as a life-long activity. The minimum eligibility age for a black belt is 15 so the judoka needs to understand that if they reach a certain belt at an early age, they will have a long time to wait for the next grading. The younger the judoka start, the longer their apprenticeship time at one kyu level should be.

### **Behavioural Characteristics**

Judo was developed in Japan as a physical and moral education system allowing judoka to develop holistically over time. In Canada, TRUE SPORT principles and values such as fairness, excellence, inclusion and fun are consistently promoted by Judo Canada. Behavioural consistency with these values is expected from all judoka, instructors and coaches of judo. The development of life skills is embedded in judo via the moral code proposed by judo's founder, Professor Jigoro Kano.

### **Moral Code of Judo**

The following life skills are referenced in judo schools around the world:

- Courtesy – To be polite to others
- Courage – To face difficulties with bravery
- Friendship – To be a good companion and friend
- Honesty – To be sincere with your thoughts and actions
- Honour – To do what is right and stand by your principles
- Modesty – To be without ego in your actions and thoughts
- Respect – To appreciate yourself and others
- Self-control – To be in control of your emotions and actions

Once Judoka reach the so called "specialization stage of development" which in judo is the green belt or 12 years of age, Judo Canada recommends a more involved attitude from the judoka. For those who continue towards blue belt, Judo Canada recommends that the judoka keep track of their involvement in competitions and in any other activity that demonstrates their support to the judo programs (e.g. volunteering, refereeing, assisting/mentoring/peer instruction of fellow judoka etc.) Such a record of activities will assist the judoka in developing their understanding of judo required for their promotion to the next grade.

## **FITNESS GOALS**

Fitness goals imply what the judoka should be striving to attain. These goals may not be achievable in all cases. To promote the growth of judo all involved need to emphasize safety. Since improved levels of fitness are important for a judoka's safety, health and well-being, a minimum level of general fitness is required from them. Judo Canada believes that fitness goals help to increase judokas' motivation towards achieving certain fitness standards, and thus are better prepared to handle the learning of judo-specific skills.

Four basic exercises are set out to be performed in a uniform format across Canada. The numbers suggested in testing are the goals that the judoka and instructor should strive for. However, they should be adjusted for judoka who may not be capable of meeting the full standard.

**Push-ups** – Elbows must stay in close contact with the ribcage at all times. Start in the high position. Body must stay rigid at all times. Arms must bend to a minimum of 90-degree angle:

- Full: toes and hands are the points of support for the body during the whole test.
- Half: hands and knees (legs bent at 90° and ankles crossed) are the points of support.



**Modified Sit-ups** – the starting position is on the back with legs bent at a 90-degree angle and both feet on the ground. Arms are straight and extended along the body. Palms of both hands are on the ground. The head is held off the ground. The exercise starts with a curl-up of head and shoulders. Hands must stay in contact with the ground at all times. One sit-up is completed when the fingers slide on the ground by approximately the length of the middle finger, then slide back and the shoulder blades are back on the ground. This exercise tests not only the endurance of the abdominal muscles, but also the endurance of neck muscles that are very important in performance of a proper breakfall - in particular, Ushiro-ukemi.

**Burpees** – Start in standing position. One repetition is performed after the following cycle is completed: bend your knees until in a full squatting position; place your hands on the ground; keeping your feet together at all times; kick both legs simultaneously back until in an upper push-up position; perform a full push-up (females if they so choose, can support their body on their knees during this phase of the exercise); pull your legs simultaneously into the initial squatting position; jump up moving your arms up and clap your hands together at the peak point of the jump; when landing after the jump proceed into the second repetition.



**VO2 Max testing** – The multi-stage fitness test, also known as the beep test, pacer test, Leger-test or 20-metre shuttle run test, is used by sports coaches, trainers and school teachers to estimate an athlete's VO2 max (maximum oxygen uptake). Estimating this capacity in judoka is essential to address their developmental needs. A measurement twice each year offers an incentive for judoka to work on their aerobic fitness level. Judo Canada recommends testing from age 9 upwards as there are well established norms for males and females from this age.

# Requirements for Grading Eligibility to White/Yellow Split belt

## Under 10 years old (in order of priority)

- Ability to follow the practice regime for a minimum of 45 minutes
- Minimum of 1 year as a white belt
- Ability to perform breakfalls in all directions in a safe fashion
- Practicing fundamental movement skills and judo techniques right and left
- Being Uki for Tori at grading
- Understanding the concept of respect for other judoka and instructors, Friendliness and co-operates with other judoka
- Understanding basic terminology used in judo sessions
- In order to be graded to 5th kyu (YELLOW), the child must be a minimum of 8 years old.



## Japanese Counting

1	ichi	20	ni-ju
2	ni	30	san-ju
3	san	40	yon-ju
4	shi	50	go-ju
5	go	60	roku-ju
6	roku	70	nana-ju
7	shichi	80	hachi-ju
8	hachi	90	kyu-ju
9	ku	100	hyaku
10	ju		

## 10-11 Years old (in order of priority)

- Ability to follow the practice regime for a minimum of 60 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of 40 classes as a white belt
- Being Uki for Tori at grading
- Respect for other judoka and instructors, Friendliness and ability to co-operate with other judoka
- Improvement in attention span as assessed by the instructor
- Understanding basic terminology used in judo sessions

## 12-15 Years old (in order of priority)

- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of 5 months of Judo as a white belt
- Respect for other judoka and instructors and practical application of fair play philosophy;
- Friendliness and ability to co-operate with other judoka
- Understanding of basic terminology used in judo sessions

## Terminology

- Kiotsuke (Pay Attention)
- Sensei (*Teacher, Instructor*)
- Hajime! (*Start*)
- Uki (*The person receiving the technique*)
- Tori (*The person performing*)

## Nage-Waza (Throwing Techniques)

- Tsuru-Goshi or Uki-Goshi or O-Goshi
- Ko-Soto-Gari or Ko-Soto-Gake
- Hiza-Guruma
- Uki-Otoshi

## Ne-Waza (Ground Techniques)

- Kesa-Gatame and escapes
- Kuzure-Kesa-Gatame and escapes
- Yoko-Shiho-Gatame and escapes

## Transition Skills

- Hiza-Guruma to Kuzure-Kesa-Gatame

## Ukemi (Breakfalls)

- Ushiro-ukemi (backward breakfall)
- Yoko-ukemi (side breakfalls)
- Zempo-kaiten (forward roll breakfall)

## Other Skills

- Tsugi-ashi and Ayumi-ashi in all directions and in circles (walking and following steps)
- Tai-sabaki in 4 forms 90 degrees without partner
- Shrimping - backwards
- Kumi-kata (fighting grips)
- Kuzushi (unbalancing opponent)
- Life Skills: Respect

<u>Fitness Goals</u>	U10	U12	U16
<b>Push-ups</b>	8	10	15
<b>Sit-Ups</b>	20	22	24
<b>Burpees</b>	12	15	16

# Requirements for Grading Eligibility to White/Yellow Split belt

## Nage-Waza (Throwing Techniques)



**Tsurigoshi**  
(Lifting hip throw)



**Ukigoshi**  
(Floating hip throw)



**Ogoshi**  
(Large hip throw)



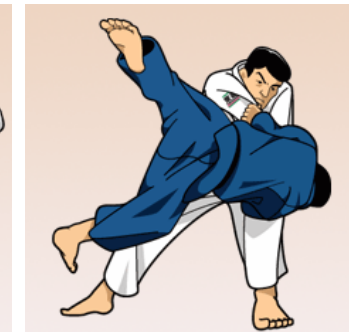
**Kosotogari**  
(Small outer reap)



**Kosotogake**  
(Small outer hook)



**Hizaguruma**  
(Knee wheel)



**Ukiotoshi**  
(Floating drop)

## Ne-Waza (Ground Techniques)



**Kesagatame**  
(Scarf hold)



**Kuzurekesagatame**  
(Modified scarf hold)



**Yokoshihogatame**  
(Side four-corner hold)

# Requirements for Grading Eligibility to the 5th Kyu (YELLOW)

## Under 10 years old (in order of priority)

- Ability to follow the practice regime for a minimum of 45 minutes
- Minimum of 2 years as a white and white/yellow belt
- Ability to perform breakfalls in all directions in a safe fashion
- Practicing fundamental movement skills and judo techniques right and left
- Being Uki for Tori at grading
- Understanding the concept of respect for other judoka and instructors, Friendliness and co-operates with other judoka
- Understanding basic terminology used in judo sessions
- In order to be graded to 5th kyu (YELLOW), the child must be a minimum of 8 years old.



## Japanese Counting

1	ichi	20	ni-ju
2	ni	30	san-ju
3	san	40	yon-ju
4	shi	50	go-ju
5	go	60	roku-ju
6	roku	70	nana-ju
7	shichi	80	hachi-ju
8	hachi	90	kyu-ju
9	ku	100	hyaku
10	ju		

## 10-11 Years old (in order of priority)

- Ability to follow the practice regime for a minimum of 60 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of 1 year as a white and white/yellow belt
- Being Uki for Tori at grading
- Respect for other judoka and instructors, Friendliness and ability to co-operate with other judoka
- Improvement in attention span as assessed by the instructor
- Understanding basic terminology used in judo sessions

## 12-15 Years old (in order of priority)

- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of 10 months of Judo with a minimum of 2 sessions per week
- Respect for other judoka and instructors and practical application of fair play philosophy;
- Friendliness and ability to co-operate with other judoka
- Understanding of basic terminology used in judo sessions

## 16 Years old and up (in order of priority)

- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of 8 months of Judo , 2 x 90 minutes per week
- Respect for other judoka and instructors; Practical application of judo etiquette and fair play philosophy
- Friendliness and ability to co-operate with other judoka
- Understanding of basic terminology used in judo sessions

## Terminology

- Kitotsuke (Pay Attention)
- Sensei (*Teacher, Instructor*)
- Hajime! (*Start*)
- Mate! (*Stop*)
- Uki (*The person receiving the technique*)
- Tori (*The person performing the technique*)
- Dojo (*judo school*)
- Obi (*belt*)
- Shiai-jo (*Tournament Hall*)
- Rei (*Bow*)

## Nage-Waza (Throwing Techniques)

- |                                                                                                                                                        |                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● Tsuru-Goshi or Uki-Goshi or O-Goshi</li> <li>● Ko-Soto-Gari or Ko-Soto-Gake</li> <li>● Hiza-Guruma</li> </ul> | <ul style="list-style-type: none"> <li>● Uki-Otoshi</li> <li>● Tai-Otoshi</li> <li>● O-Uchi-Gari</li> <li>● O-Soto-Otoshi (modified)</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|

## Ne-Waza (Ground Techniques)

- |                                                                                                                      |                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● Turn over from stomach</li> <li>● Turn over from turtle position</li> </ul> | <ul style="list-style-type: none"> <li>● Kesa-Gatame and escapes</li> <li>● Kuzure-Kesa-Gatame and escapes</li> <li>● Yoko-Shiho-Gatame and escapes</li> <li>● Kata-Gatame and escapes</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Transition Skills

- Hiza-Guruma to Kuzure-Kesa-Gatame
- Tai-Otoshi to Ko-Soto-Gari
- O-Uchi-Gari to osaekomi-waza

## Ukemi (Breakfalls)

- Ushiro-ukemi (backward breakfall)
- Yoko-ukemi (side breakfalls)
- Zempo-kaiten (forward roll breakfall)

## Other Skills

- |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● Tsugi-ashi and Ayumi-ashi in all directions and in circles (walking and following steps)</li> <li>● Tai-sabaki in 4 forms 90 degrees without partner</li> <li>● Tai-sabaki in 4 forms 180 degrees without partner</li> </ul> | <ul style="list-style-type: none"> <li>● Shrimping - backwards</li> <li>● Kumi-kata (fighting grips)</li> <li>● Kuzushi (unbalancing opponent)</li> <li>● Randori ne-waza</li> <li>● Life Skills: Respect and Friendliness</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

<u>Fitness Goals</u>	U10	U12	U16	16+
Push-ups	8	10	15	20
Sit-Ups	20	22	24	26
Burpees	12	15	16	20

# Requirements for Grading Eligibility to the 5th Kyu (YELLOW)

## Nage-Waza (Throwing Techniques)



**Tsurigoshi**  
(Lifting hip throw)



**Ukigoshi**  
(Floating hip throw)



**Ogoshi**  
(Large hip throw)



**Taiotoshi**  
(Body drop)



**Kosotogari**  
(Small outer reap)



**Kosotogake**  
(Small outer hook)



**Hizaguruma**  
(Knee wheel)



**Ukotoshi**  
(Floating drop)



**Uchigari**  
(Large inner reap)



**Osotoshi**  
(Large outer drop)



**Kouchigari**  
(Small inner reap)

## Ne-Waza (Ground Techniques)



**Kesagatame**  
(Scarf hold)



**Kuzureskesagatame**  
(Modified scarf hold)



**Yoko-shihogatame**  
(Side four-corner hold)



**Katagatame**  
(Shoulder hold)



**Kamishihogatame**  
(Top four-corner hold)

## Requirements for Grading Eligibility to Yellow/Orange Split belt

### Children under 10 preparing for their yellow/orange belt exam (in order of priority)

- Practice judo as a yellow belt for one year.
- 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 trainings and festivals
- Demonstrate courage in randori and self-control in training
- In order to be graded to 4th kyu (ORANGE), the child must be a minimum of 10 years old.



### 10-11 Years old (in order of priority)

- Practice judo as a yellow belt for a minimum of 6 months with a minimum of two 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 trainings and competitions
- Demonstrate courage and self-control in competitions and in training

### 12 years and over (in order of priority)

- Practice judo as a yellow belt for a minimum of 5 months with a minimum of two 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 trainings and competitions
- Demonstrate courage and self-control in competitions and in training

### Nage-Waza (Throwing Techniques)

- Ippon-Seoi-Nage
- De-Ashi-Harai
- Sasae-Tsurikomi-Ashi
- O-Soto-Gari

### Ne-Waza (Ground Techniques)

- Kuzure-Kami-Shiho-Gatame and escapes
- Ushiro-Kesa-Gatame and escapes
- Tate-Shiho-Gatame and escapes
- Uki-Gatame and Escapes

### Transition Skills

- O-Soto-Gari to O-Soto-Otoshi
- Sasae-Tsurikomi-Ashi to Tai-Otoshi
- O-Soto-Gari to osaekomi-waza
- Ko-Uchi-Gari to O-Uchi-Gari

### Other Skills

- |                                                                                                                                                 |                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Judo Shrimp legs forward</li> <li>• Randori tachi-waza (Stand up)</li> <li>• Guard Position</li> </ul> | <ul style="list-style-type: none"> <li>• Full Ukemi</li> <li>• Life Skills: Courage</li> <li>• Demonstrate techniques from previous grades</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|

### Terminology

- Ippon (One Point)
- Waza-ari (Half Point)
- Who is the founder of judo

<u>Fitness Goals</u>	<b>U10</b>	<b>U12</b>	<b>U16</b>
<b>Push-ups</b>	10	12	15
<b>Sit-Ups</b>	20	22	24
<b>Burpees</b>	20	25	20 in 60 seconds



## Requirements for Grading Eligibility to Yellow/Orange Split belt

### Nage-Waza (Throwing Techniques)



**Ippon-seoi-nage**

(One-armed shoulder throw)



**De-ashi-barai (-harai)**

(Forward foot sweep)



**Sasae-tsuri-komi-ashi**

(Supporting foot lift-pull throw)



**Osoto-gari**

(Large outer reap)

### Ne-Waza (Ground Techniques)



**Kuzure-kami-shiho-gatame**

(Modified top four-corner hold)



**Ushiro-kesa-gatame**

(Reverse scarf hold)



**Tate-shiho-gatame**

(Straight four-corner hold)



**Uki-gatame**

(Floating hold)

## Requirements for Grading Eligibility to the 4th Kyu (ORANGE)

### Children under 10 preparing for their orange belt exam (in order of priority)

- Practice judo as a yellow or yellow/orange belt for two seasons
- 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 trainings and festivals
- Demonstrate courage in randori and self-control in training
- In order to be graded to 4th kyu (ORANGE), the child must be a minimum of 10 years old.



### 10-11 Years old (in order of priority)

- Practice judo as a yellow or yellow/orange belt for a minimum of one year with a minimum of two 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 trainings and competitions
- Demonstrate courage and self-control in competitions and in training

### 12 years and over (in order of priority)

- Practice judo as a yellow or yellow/orange belt for a minimum of 10 months with a minimum of two sessions per week
- Same minimum requirements as for 10-11 years old
- Fast Track grading is available for outstanding competition results for judoka who compete in the number of events per season as recommended in the long term development model for a specific development stage.

#### Nage-Waza (Throwing Techniques)

- |                                                                                                                                                     |                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ippon-Seoi-Nage</li> <li>• De-Ashi-Harai</li> <li>• Sasae-Tsurikomi-Ashi</li> <li>• O-Soto-Gari</li> </ul> | <ul style="list-style-type: none"> <li>• Seoi-Nage</li> <li>• Eri-Seoi-Nage</li> <li>• Tsurikomi-Goshi</li> <li>• Okuri-Ashi-Harai</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|

#### Ne-Waza (Ground Techniques)

- |                                                                                                                                                                                                               |                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Kuzure-Kami-Shiho-Gatame and escapes</li> <li>• Ushiro-Kesa-Gatame and escapes</li> <li>• Tate-Shiho-Gatame and escapes</li> <li>• Uki-Gatame and Escapes</li> </ul> | <ul style="list-style-type: none"> <li>• Ura-Gatame and escapes</li> <li>• Transition between Kuzure-Kami-Shiho-Gatame to Yoko-Shiho and Kesa-Gatame</li> <li>• Attacking the Guard position</li> <li>• Ura-Gatame with rolling entry</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Transition Skills

- |                                                                                                                                                                                                               |                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• O-Soto-Gari to O-Soto-Otoshi</li> <li>• Sasae-Tsurikomi-Ashi to Tai-Otoshi</li> <li>• O-Soto-Gari to osaekomi-waza</li> <li>• Ko-Uchi-Gari to O-Uchi-Gari</li> </ul> | <ul style="list-style-type: none"> <li>• Ippon-Seoi-Nage to Kami-Shihi-Gatame</li> <li>• Hiza-Guruma to Tsuru-Goshi</li> <li>• Ko-Uchi-Gari to Ko-Soto-Gari</li> <li>• Tsubame-Gaeshi</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Other Skills

- |                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Judo Shrimp legs forward</li> <li>• Randori tachi-waza (Stand up)</li> <li>• Moving Uchi-komi for Nage-waza</li> <li>• Full Ukemi including cartwheel; roundoff; handstand</li> </ul> | <ul style="list-style-type: none"> <li>• Ne-waza turnovers of Uke in turtle positions</li> <li>• Ne-waza turnovers of Uke in prone positions</li> <li>• Guard Position</li> <li>• Life Skills: Self Control and Courage</li> <li>• Demonstrate techniques from previous grades</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Terminology

- |                                                                                                                                              |                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ippon (One Point)</li> <li>• Waza-ari (Half Point)</li> <li>• Who is the founder of judo</li> </ul> | <ul style="list-style-type: none"> <li>• Osaekomi (Hold Down)</li> <li>• Toketa! (Hold Down Broken)</li> <li>• Shido (Penalty)</li> <li>• Hansoku-make (Disqualified)</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

<u>Fitness Goals</u>	<b>U10</b>	<b>U12</b>	<b>U16</b>	<b>16+</b>
<b>Push-ups</b>	10	12	15	20
<b>Sit-Ups</b>	20	22	24	26
<b>Burpees</b>	20	25	20 in 60 seconds	22 in 60 seconds

# Requirements for Grading Eligibility to the 4th Kyu (ORANGE)

## Nage-Waza (Throwing Techniques)



### **Ippon-seoi-nage**

(One-armed shoulder throw)



### **De-ashi-barai (-harai)**

(Forward foot sweep)



### **Sasae-tsurikomi-ashi**

(Supporting foot lift-pull throw)



### **Osoto-gari**

(Large outer reap)



### **Seoi-nage**

(Shoulder throw)



### **Eri-seoi-nage**

(Same side lapel shoulder throw)



### **Tsurikomi-goshi**

(Lift-pull hip throw)



### **Okuri-ashi-barai (-harai)**

(Foot sweep)

## Ne-Waza (Ground Techniques)



### **Kuzure-kami-shiho-gatame**

(Modified top four-corner hold)



### **Ushiro-kesa-gatame**

(Reverse scarf hold)



### **Tate-shiho-gatame**

(Straight four-corner hold)

### **Uki-gatame**

(Floating hold)



### **Ura-gatame**

(Back hold)

## Other Skills



### **Tsubame-gaeshi**

(Swallow counter)

## Requirements for Grading Eligibility to Orange/Green Split belt

### Children under 12 preparing for orange/green belt exam (in order of priority)

- Practice judo as an orange belt for a minimum of 6 months with a minimum of two sessions per week
- Practicing judo skills both left and right
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training
- In order to be graded to 3rd kyu (GREEN), the child must be a minimum of 12 years old.



### 12 years and over (in order of priority)

- Practice judo as an orange belt for a minimum of 4 months with a minimum of two sessions per week
- Practicing judo skills both left and right
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training

### Nage-Waza (Throwing Techniques)

- Harai-Goshi
- Tani-Otoshi
- Sode-Tsurikomi-Goshi
- Yoko-Tomoe-Nage

### Ne-Waza (Ground Techniques)

- Sankaku-Gatame (osaekomi-waza)
- Nami-Juji-Jime
- Ude-Garami
- Gyaku-Juji-Jime

### Transition Skills

- Tani-Otoshi as counter vs. Tsurikomi-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)

### Other Skills

- Ne-waza turnovers of Uki when Tori in guard position
- Passing the guard in Ne-waza
- Life Skill: Courtesy
- Demonstrate techniques from previous grades

<u>Fitness Goals</u>	<b>U16</b>
<b>Push-ups</b>	35
<b>Sit-Ups</b>	26
<b>Burpees</b>	25

## Requirements for Grading Eligibility to Orange/Green Split belt

### Nage-Waza (Throwing Techniques)



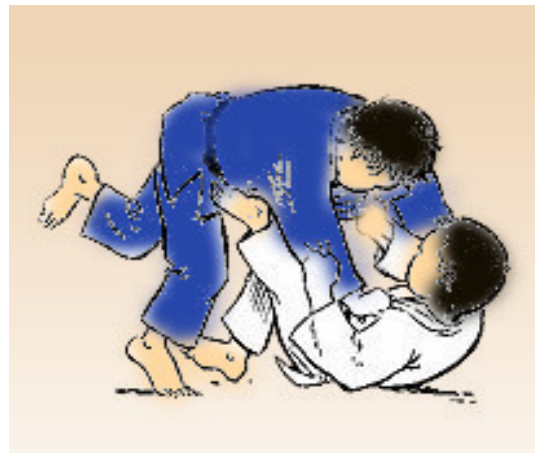
**Harai-goshi**  
(Hip sweep)



**Tani-otoshi**  
(Valley drop)



**Sode-tsurikomi-goshi**  
(Sleeve lift-pull hip throw)

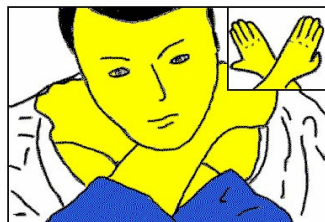


**Yoko-tomoe-nage**  
(side circular throw)

### Ne-Waza (Ground Techniques)



**Sankaku-gatame**  
(triangle hold)



**Nami-juji-jime**  
(Normal cross strangle)



**Ude-garami**  
(Entangled arm lock)



**Gyaku-juji-jime**  
(Reverse cross strangle)

## Requirements for Grading Eligibility to the 3rd Kyu (GREEN)

### Children under 12 preparing for green belt exam (in order of priority)

- Practice judo as an orange or orange/green belt for a minimum of one year with a minimum of two sessions per week
- Practicing judo skills both left and right
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training
- In order to be graded to 3rd kyu (GREEN), the child must be a minimum of 12 years old.



### 12 years and over (in order of priority)

- Practice judo as an orange or orange/green belt for a minimum of 8 months with a minimum of two sessions per week
- Practicing judo skills both left and right
- 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 Nage-No-Kata 1st set as Tori
- Fast Track grading is available for outstanding competition results for judoka who compete in the number of events per season as recommended in the long term development model for a specific development stage.

#### Nage-Waza (Throwing Techniques)

- |                                                                                                                                                   |                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Harai-Goshi</li> <li>• Tani-Otoshi</li> <li>• Sode-Tsurikomi-Goshi</li> <li>• Yoko-Tomoe-Nage</li> </ul> | <ul style="list-style-type: none"> <li>• Yoko-Otoshi</li> <li>• Harai-Tsurikomi-Ashi</li> <li>• Sumi-Gaeshi</li> <li>• Tomoe-Nage</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|

#### Ne-Waza (Ground Techniques)

- |                                                                                                                                                               |                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Sankaku-Gatame (osaekomi-waza)</li> <li>• Nami-Juji-Jime</li> <li>• Ude-Garami</li> <li>• Gyaku-Juji-Jime</li> </ul> | <ul style="list-style-type: none"> <li>• Juji-Gatame</li> <li>• Kata-Juji-Jime</li> <li>• Ude-Gatame</li> <li>• Transition between all known osaekomi-waza</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Transition Skills

- |                                                                                                                                                                      |                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Tani-Otoshi as counter vs. Tsurikomi-Goshi</li> <li>• Ko-Uchi-Gari to Seoi-Nage (choice of Ippon, Morote or Eri)</li> </ul> | <ul style="list-style-type: none"> <li>• O-Uchi-Gari to Seoi-Nage (choice of Ippon, Morote or Eri)</li> <li>• Tsurikomi-Goshi to O-Uchi-Gari</li> <li>• O-Uchi-Gari to Okuri-Ashi-Barai</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Other Skills

- |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ne-waza turnovers of Uki when Tori in guard position</li> <li>• Passing the guard in Ne-waza</li> <li>• Ne waza defence principles when in turtle position</li> <li>• Ne waza defence principles when in guard position</li> </ul> | <ul style="list-style-type: none"> <li>• Tachi-waza blocking forward throwing techniques</li> <li>• Turn over into choke Shime-waza when uki in turtle position</li> <li>• Life Skill: Honour and Courtesy</li> <li>• Demonstrate techniques from previous grades</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Kata

- Nage-No-Kata First set

<u>Fitness Goals</u>	<b>U16</b>	<b>16+</b>
<b>Push-ups</b>	35	40
<b>Sit-Ups</b>	26	28
<b>Burpees</b>	25	29

# Requirements for Grading Eligibility to the 3rd Kyu (GREEN)

## Nage-Waza (Throwing Techniques)



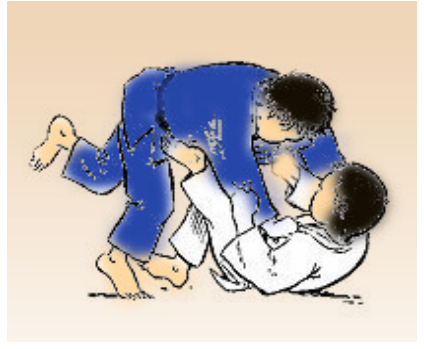
**Harai-goshi**  
(Hip sweep)



**Tani-otoshi**  
(Valley drop)



**Sode-tsurikomi-goshi**  
(Sleeve lift-pull hip throw)



**Yoko-tomoe-nage**  
(side circular throw)



**Yoko-otoshi**  
(Side drop)



**Harai-tsurikomi-ashi**  
(Lift-pull foot sweep)



**Sumi-gaeshi**  
(Corner throw)



**Tomoe-nage**  
(Circular throw)



**O-Uchi-Gari-Gaeshi**  
(large inner reaping throw counter)

## Ne-Waza (Ground Techniques)



**Sankaku-gatame**  
(triangle hold)



**Ude-garami**  
(Entangled arm lock)



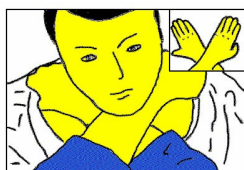
**Ude-gatame**  
(Straight arm lock)



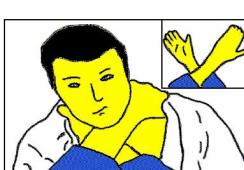
**Juji-gatame**  
(cross lock hold)



**Gyaku-juji-jime**  
(Reverse cross strangle)



**Nami-juji-jime**  
(Normal cross strangle)



**Kata-juji-jime**  
(Half cross strangle)

Uki-Otoshi



Ippon-Seoi-Nage



Kata-Guruma



1st Set of

**Nage No Kata**

## Requirements for Grading Eligibility to Green/Blue Split belt

### All eligible judoka of all ages (in order of priority)

- A minimum of 4 months of classes as a green belt, minimum of 90-120 minutes duration per class
- 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, 2nd sets 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 long term development model are eligible for fast track grading
- In order to be graded to 2nd kyu (BLUE), the judoka must be a minimum of 13 years old.



### Nage-Waza (Throwing Techniques)

- Hane-Goshi
- Ushiro-Goshi
- Obi-Tori-Gaeshi
- Seoi-Otoshi

### Ne-Waza (Ground Techniques)

- Hadake-Jime
- Hiza-Gatame
- Okuri-Eri-Jime
- Waki-gatame

### Transition Skills

- O-Uchi-Gari to Tomoe-Nage
- Chosen by the judoka Tokui-Waza Nage-Waza
- Chosen by the judoka Tokui-Waza Ne-Waza
- Chosen by the judoka Renraku-Waza

### Other Skills

- Knowledge of Competition Rules  
(Random questions from examiner)
- Tachi-waza blocking backwards throwing techniques
- Tournament Standards  
(Random questions from examiner)
- Life skill: Honesty
- Demonstrate techniques from previous grades

### Kata

- Nage-No-Kata First two sets

<u>Fitness Goals</u>	<b>U16</b>
<b>Push-ups</b>	35
<b>Sit-Ups</b>	28
<b>Burpees</b>	25



# Requirements for Grading Eligibility to Green/Blue Split belt

## Nage-Waza (Throwing Techniques)



**Hane-goshi**  
(Hip spring)



**Ushiro-goshi**  
(Back hip throw)



**Obi-Tori-Gaeshi**  
(Belt grab reversal throw)



**Seoi-otoshi**  
(Shoulder drop)

## Ne-Waza (Ground Techniques)



**Hadaka-jime**  
(Naked strangle)



**Hiza-Gatame**  
(Knee lock arm lock)



**Okuri-eri-jime**  
(Sliding collar strangle)



**Waki-Gatame**  
(armpit lock)

## Nage No Kata

Uki-Otoshi



1st Set

Uki-Goshi



2nd Set

Ippon-Seoi-Nage



Harai-Goshi



Kata-Guruma



Tsuri-Komi-Goshi



## Requirements for Grading Eligibility to the 2nd Kyu (BLUE)

### All eligible judoka of all ages (in order of priority)



- A minimum of 8 months of classes as a green or green/orange belt, minimum of 90-120 minutes duration per class
- 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, 2nd sets 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 long term development model are eligible for fast track grading
- In order to be graded to 2nd kyu (BLUE), the judoka must be a minimum of 13 years old.

### Nage-Waza (Throwing Techniques)

- |                                                                                                                                          |                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Hane-Goshi</li> <li>• Ushiro-Goshi</li> <li>• Obi-Tori-Gaeshi</li> <li>• Seoi-Otoshi</li> </ul> | <ul style="list-style-type: none"> <li>• Uchi-Mata</li> <li>• Hane-Goshi-Gaeshi</li> <li>• Ko-Uchi-Gaeshi</li> <li>• Uchi-Mata-Gaeshi</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|

### Ne-Waza (Ground Techniques)

- |                                                                                                                                         |                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Hadake-Jime</li> <li>• Hiza-Gatame</li> <li>• Okuri-Eri-Jime</li> <li>• Waki-gatame</li> </ul> | <ul style="list-style-type: none"> <li>• Kata-Ha-Jime</li> <li>• Hara-Gatame</li> <li>• Katate-Jime</li> <li>• Turnover into Kansetsu-Waza of choice</li> <li>• Turnover into Shime-Waza of choice</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Transition Skills

- |                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• O-Uchi-Gari to Tomoe-Nage</li> <li>• Chosen by the judoka Tokui-Waza Nage-Waza</li> <li>• Chosen by the judoka Tokui-Waza Ne-Waza</li> <li>• Chosen by the judoka Renraku-Waza</li> <li>• Chosen by the judoka Kaeski-Waza</li> </ul> | <ul style="list-style-type: none"> <li>• Chosen by the judoka transition from Tachi-Waza to Ne-Waza</li> <li>• Chosen by the judoka transition between two Ne-Waza techniques</li> <li>• Fake Forward into Tani-Otoshi</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Other Skills

- |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Knowledge of Competition Rules<br/>(Random questions from examiner)</li> <li>• Tachi-waza blocking backwards throwing techniques</li> <li>• Tournament Standards<br/>(Random questions from examiner)</li> </ul> | <ul style="list-style-type: none"> <li>• Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique</li> <li>• Knowledge of Judo origin and history (where, when, who, why, from what)</li> <li>• Life skill: Honesty</li> <li>• Demonstrate techniques from previous grades</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Kata

- Nage-No-Kata First two sets

<u>Fitness Goals</u>	<b>U16</b>	<b>16+</b>
<b>Push-ups</b>	35	40
<b>Sit-Ups</b>	28	30
<b>Burpees</b>	25	29

# Requirements for Grading Eligibility to the 2nd Kyu (BLUE)

## Nage-Waza (Throwing Techniques)



**Hane-goshi**  
(Hip spring)



**Ushiro-goshi**  
(Back hip throw)



**Obi-Tori-Gaeshi**  
(Belt grab reversal throw)



**Seoi-otoshi**  
(Shoulder drop)



**Uchi-mata**  
(Inner-thigh reaping throw)



**Hane-goshi-gaeshi**  
(Hip spring counter)

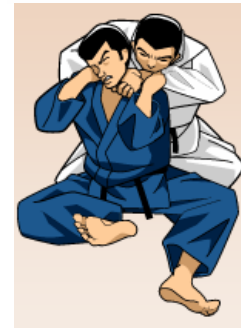


**Kouchi-gaeshi**  
(Small inner reaping throw counter)

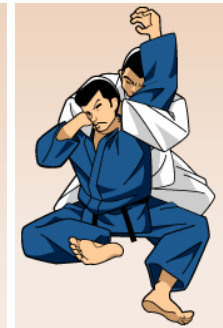


**Uchi-mata-gaeshi**  
(Inner thigh reaping throw counter)

## Ne-Waza (Ground Techniques)



**Hadaka-jime**  
(Naked strangle)



**Kataha-jime**  
(Single-wing strangle)



**Hiza-Gatame**  
(Knee lock arm lock)



**Waki-Gatame**  
(armpit lock)



**hara-gatame**  
(Stomach lock)



**Kata-te-jime**  
(One-hand strangle)



**Okuri-eri-jime**  
(Sliding collar strangle)

Uki-Otoshi



1st Set

### Nage No Kata

Ippon-Seoi-Nage



Kata-Guruma



Uki-Goshi



2nd Set

Harai-Goshi



Tsuri-Komi-Goshi



## Requirements for Grading Eligibility to Blue/Brown Split belt

### All eligible judoka of all ages (in order of priority)

- A minimum of 4 months of classes as blue belt, 90-120 minutes duration each class
- Practicing judo skills both right and left
- All Nage-Waza skills must be demonstrated with good theoretical understanding of the kuzushi-tsukuri-kake principles
- Honour and Modesty must be demonstrated in the behaviour of the judoka
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate Nage-No-Kata, first 3 sets 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 long term development model are eligible for fast track grading
- In order to be graded to 1st kyu (BROWN), the judoka must be a minimum of 14 years old.



### Nage-Waza (Throwing Techniques)

- Koshi-Guruma
- Harai-Makikomi
- O-Soto-Makikomi
- Sumi-Otoshi

### Ne-Waza (Ground Techniques)

- Ryote-Jime
- Ashi-Gatame
- Sode-Guruma-Jime
- Te-Gatame
- Tsukkomi-Jime

### Transition Skills

- Chosen by the judoka Makikomi-waza
- Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. front to back)
- Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. left to right)
- Uchi-mata-sukashi

### Other Skills

- Knowledge of Judo tradition and heritage
- Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique
- Demonstrate techniques from previous grades

### Kata

- Nage-No-Kata : Te-waza, Koshi-waza, Ashi-waza as Tori

<u>Fitness Goals</u>	<b>U16</b>
<b>Push-ups</b>	40
<b>Sit-Ups</b>	32
<b>Burpees</b>	27

# Requirements for Grading Eligibility to Blue/Brown Split belt

## Nage-Waza (Throwing Techniques)



**Koshi-guruma**  
(Hip wheel)



**Harai-makikomi**  
(Hip sweep wraparound throw)



**Osoto-makikomi**  
(Large outside wraparound throw)



**Sumi-otoshi**  
(Corner drop)



**Uchi-mata-sukashi**  
(Inner-thigh reaping throw slip)

## Ne-Waza (Ground Techniques)



**Ryo-te-jime**  
(Two-hands strangle)



**ashi-gatame**  
(Leg lock)



**te gatame**  
(Hand lock)

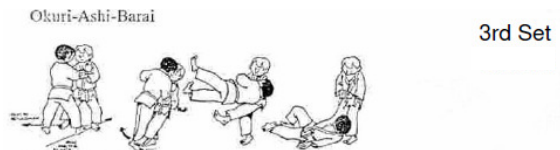


**Sode-guruma-jime**  
(Sleeve wheel strangle)



**Tsukkomi-jime**  
(Thrusting strangle)

## Nage No Kata



## Requirements for Grading Eligibility to the 1st Kyu (BROWN)

### All eligible judoka of all ages (in order of priority)

- A minimum of 8 months of classes as blue or blue/brown belt, 90-120 minutes duration each class
- Practicing judo skills both right and left
- All Nage-Waza skills must be demonstrated with good theoretical understanding of the kuzushi-tsukuri-kake principles
- Honour and Modesty must be demonstrated in the behaviour of the judoka
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate Nage-No-Kata, first 3 sets 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 long term development model are eligible for fast track grading
- In order to be graded to 1st kyu (BROWN), the judoka must be a minimum of 14 years old.



### Nage-Waza (Throwing Techniques)

- |                                                                                                                                              |                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Koshi-Guruma</li> <li>• Harai-Makikomi</li> <li>• O-Soto-Makikomi</li> <li>• Sumi-Otoshi</li> </ul> | <ul style="list-style-type: none"> <li>• Ura-Nage</li> <li>• Yoko-Guruma</li> <li>• Ko-Uchi-Makikomi</li> <li>• Yoko-Wakare</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|

### Ne-Waza (Ground Techniques)

- |                                                                                                                                                                 |                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ryote-Jime</li> <li>• Ashi-Gatame</li> <li>• Sode-Guruma-Jime</li> <li>• Te-Gatame</li> <li>• Tsukkomi-Jime</li> </ul> | <ul style="list-style-type: none"> <li>• Sankaku-Gatame (Kansetsu-waza)</li> <li>• Sankaku-Jime</li> <li>• Two transitions from Tachi-Waza to Ne-Waza</li> <li>• Two turnovers into Kansetsu-Waza of choice</li> <li>• Two turnovers into Shime-Waza of choice</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Transition Skills

- |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Chosen by the judoka Makikomi-waza</li> <li>• Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. front to back)</li> <li>• Chosen by the judoka combination of two Tachi-waza in opposite directions (i.e. left to right)</li> </ul> | <ul style="list-style-type: none"> <li>• Chosen by the judoka 2 Tokui-waza in Tachi-waza</li> <li>• Chosen by the judoka 2 Tokui-waza in Ne-waza</li> <li>• Chosen by the judoka 2 transition Tokui waza</li> <li>• Uchi-mata-sukashi</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Other Skills

- Knowledge of Judo tradition and heritage
- Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique
- Life skill: Modesty
- Demonstrate techniques from previous grades

### Kata

- Nage-No-Kata : Te-waza, Koshi-waza, Ashi-waza as Tori

<u>Fitness Goals</u>	<b>U16</b>	<b>16+</b>
<b>Push-ups</b>	40	50
<b>Sit-Ups</b>	32	36
<b>Burpees</b>	27	31

# Requirements for Grading Eligibility to the 1st Kyu (BROWN)

## Nage-Waza (Throwing Techniques)



**Koshi-guruma**  
(Hip wheel)



**Harai-makikomi**  
(Hip sweep wraparound throw)



**Osoto-makikomi**  
(Large outside wraparound throw)



**Sumi-otoshi**  
(Corner drop)



**Uchi-mata-sukashi**  
(Inner-thigh reaping throw slip)



**Ura-nage**  
(Back throw)



**Yoko-guruma**  
(Side wheel)



**Kouchi-makikomi**  
(inner wrap around throw)



**Yoko-wakare**  
(Side separation)

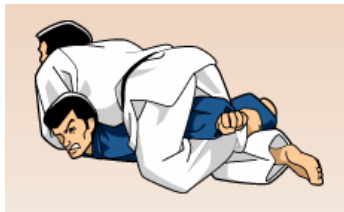
## Ne-Waza (Ground Techniques)



**Sankaku-jime**  
(Triangular strangle)



**sankaku-gatame**  
(Triangular lock)



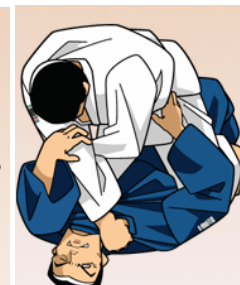
**ashi-gatame**  
(Leg lock)



**Ryo-te-jime**  
(Two-hands strangle)



**Sode-guruma-jime**  
(Sleeve wheel strangle)

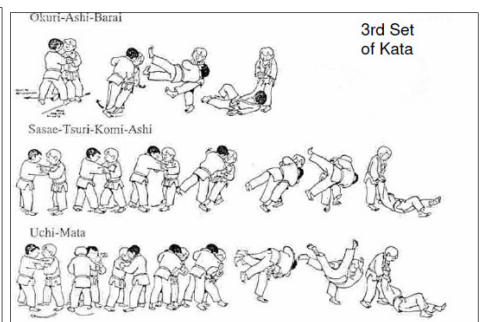
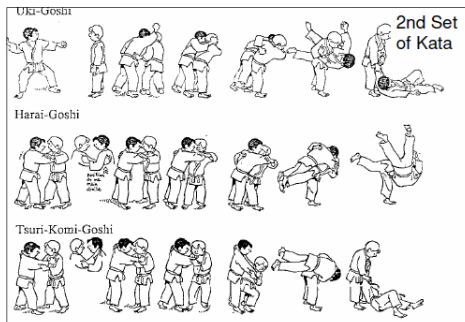
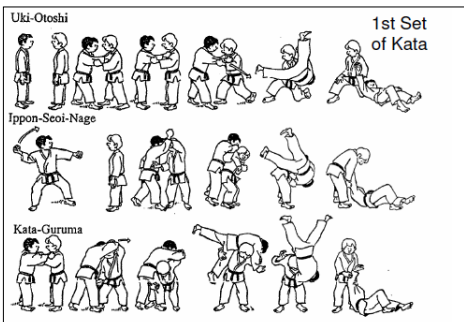


**Tsukkomi-jime**  
(Thrusting strangle)



**te gatame**  
(Hand lock)

## Nage No Kata





Webpage:

[www.mjjudo.com](http://www.mjjudo.com)

Email:

[m.j.judoclub@sasktel.net](mailto:m.j.judoclub@sasktel.net)

# Class Times

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
	<i>Novice Teen</i> 4:30-5:30pm	<i>Beginner</i> ages 4-6 5:30-6:30pm	<i>High Performance</i> 5:30-7:30pm
	<i>High Performance</i> 5:30-7:30pm		
<i>Youth</i> ages 7+ 6:30-8:00pm	<i>Kata</i> 7:30-9:00pm	<i>Youth</i> ages 7+ 6:30-8:00pm	<i>Adult Rec</i> 7:30-9:00pm

