



NATIONAL KYU GRADING SYLLABUS

June 25th, 2021

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JUDO RANKS AND PROMOTIONS IN CANADA

The following publications and documents were considered in the development of this version of Judo Canada Kyu Syllabus:

- NCCP Teaching and Learning Module
- Former Judo Canada Kyu Syllabus
- British, French, German, Spanish Judo Associations Syllabi.
- Kodokan Nage-waza and Katame-waza digest

Special Thank You to Ms. Sandra Hewson for her contributions to the update of this guide.

PROMOTIONS

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 – student grades are evaluated and awarded by the instructors, including the technical director of a Dojo.

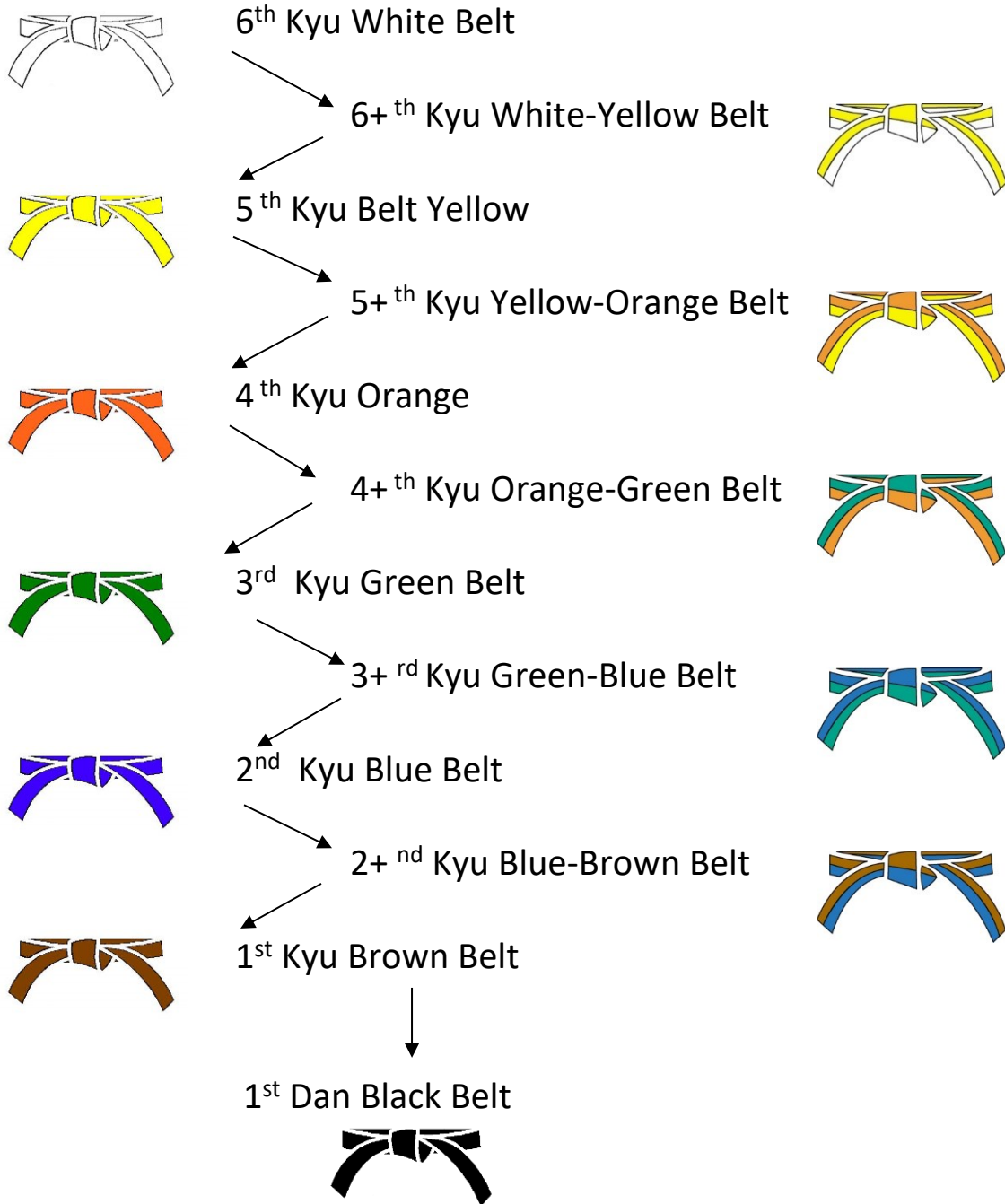
The time requirements between promotions to different coloured belts is variable and is based on the following criteria:

- 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.

Furthermore, the time in grade will depend on the ability of the instructor to interact with the judoka, the judoka-to-instructor ratio, as well as the quality of facilities.

JUDO CANADA JUNIOR KYU GRADE SYSTEM

=> "Junior" applies to judoka 15 years old and younger



GENERAL INFORMATION

The techniques and skills in this Guide are presented in the form of a curriculum required at each full grade level. For example, at the white belt level (6th Kyu to 5th Kyu) there is a list of techniques for instructors to teach and then require judoka to provide demonstrations in order for them to progress to white/yellow and yellow belt.

In consistency with Judo Canada mandate to promote competitive sport, this Kyu 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.

In the Excel document associated with this Guide, the requirements are specific for each half-belt.

The flexibility of this system allows for the needs of the individual judoka to be catered to, as is required in a participant-centered sport program.

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 (uke), especially uke'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 at the beginning of the next season. During gradings for orange belt and higher, the instructor may 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.

Specific regulations pertaining to competitions for children are part of the Judo Canada Sanctioning Policy and can be found in the DEVELOPMENT tab on the Judo Canada website at: <https://judocanada.org/tournament-policy-ne-waza/>

SPECIAL CONSIDERATIONS FOR ATHLETES WITH A DISABILITY

Inclusion is one of the compulsory pillar principles of the Canadian Sport System and legitimate sport organizations in Canada must provide opportunities for athletes with various disabilities to participate. Judo offers a parallel pathway for Visually Impaired and Blind judoka who are included in Paralympic Games. Our sport is a part of Deaflympics for deaf or hard of hearing judoka as well as the Special Olympics movement for athletes with various levels of intellectual disabilities. Each person with a disability who enlists in a judo program brings a different set of special needs that must be addressed. These needs will also determine which adaptations to the grading requirements are needed. While the spectrum of potential options is practically unlimited, successful implementation requires strong leadership vision and competence, i.e.:

- blind judoka should not be expected to perform techniques that require a high hand/leg – Eye coordination – i.e. De-ashi-barai;
- intellectually disabled judoka should not be expected to memorize extensive judo-specific vocabulary or to learn techniques at the same pace as able-body judoka; and they cannot be allowed to practise shime-waza or kansetsu-waza.
- Judoka with physical disabilities should not be expected to execute techniques that are physically impossible for them to perform.

Instructors who work with special needs judoka should educate themselves on how to address such needs. Extensive learning modules are offered here: <https://judocanada.org/judoka-with-a-disability/>

GUIDELINES ON EVALUATION

Evaluation for grading is an integral part of the judoka progression, however, to remove a lot of unnecessary stress from the evaluation process the recommended format of grading for U8-U10-U12 should be done in group evaluation during a <regular> class where the evaluator ask for the required skill to be performed by everybody simultaneously. As the judoka gets more experience and confidence, grading should become more formal leading to brown belt grading preparing the judoka to the next step – the shodan grading.

General grading guidelines for technical skills

- It is not expected that younger judoka will perform techniques to the same standard or level of proficiency that would be expected of an older judoka.

BEGINNER		INTERMEDIATE	ADVANCED	
Initiation	Acquisition	Consolidation	Refinement	Creative variations
Description and key points to look for				
<ul style="list-style-type: none"> – The first contact the athlete has with the skill. – The athlete may have no idea of what to do to perform the skill. 	<ul style="list-style-type: none"> – early stage of learning where the athlete becomes capable of (1) coordinating key components of movements and (2) executing them in the correct order, thus performing a rough form of the skill. – The movements are not well synchronized or under control, and they lack rhythm and flow. – The execution is inconsistent and lacks precision. – The athlete has to think about what he or she is doing while performing the skill. – Both form and performance tend to deteriorate markedly when the athlete tries to execute movements quickly or is under pressure, as may be the case in a competitive situation. 	<ul style="list-style-type: none"> – The athlete can execute the movements or the skill with correct form. – Movement control, synchronization, and rhythm are good when performing the skill under easy and stable conditions. – The movements can be repeated consistently and with precision under these conditions. – Some elements of performance can be maintained when the athlete is under pressure, conditions change, or demands increase, but performance remains inconsistent. – The athlete begins to develop a more personal style. 	<ul style="list-style-type: none"> – The athlete can execute the movements in a way that is very close to the ideal in terms of form and speed. – The performance is very consistent and precision is high, even under very demanding conditions and in situations that are both complex and varied. – Only minor fine-tuning may be necessary to achieve optimal execution, and a fairly personal style is established. – All components of the movement have been automated, which enables the athlete to focus on the environment while performing and to make rapid adjustments as necessary. – The athlete can reflect critically on his or her performance to make corrections. 	<ul style="list-style-type: none"> – This stage is achieved only by the best athletes in the world. – The movements can be performed according to the ideal, and the athlete has developed a personal style that is efficient. – Personal interpretation of movements or personal movements can be combined into unique patterns in response to specific competitive situations.
At this stage, athletes need to...				
<ul style="list-style-type: none"> – Have a clear mental image of what a correct execution looks like. – Understand the fundamental positions, stances, and patterns of the skill. – Must feel safe when performing the skill. – Reach a comfort level with some movements or feelings that may be unfamiliar and that are part of the skill to be learned. 	<ul style="list-style-type: none"> – Understand clearly what they have to do and have a good mental picture of the task. – Perform a lot of repetitions at their own pace and under conditions that are stable, easy, and safe. – Practise on both sides, if appropriate. – Find some solutions by themselves through trial and error, based on some feedback from the coach. 	<ul style="list-style-type: none"> – Be exposed to a variety of situations and perform a lot of repetitions under varied conditions. – Have clear objectives for both form (correct execution) and the result of actions. – Be challenged by more complex and demanding tasks or conditions, and find more solutions through trial and error, based on less frequent feedback from the coach. – Practise the movements or the skill in conditions where fatigue prevails or that replicate competitive demands, and deal with the consequences of errors. 	<ul style="list-style-type: none"> – Be exposed to complex or demanding competitive situations that require the skill to be executed at a very high level. – Learn how to solve problems they encounter. 	<ul style="list-style-type: none"> – Be exposed to complex or demanding competitive situations that require the skill to be executed perfectly. – Develop their own solutions.

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.



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. Furthermore, competitors **who accumulate 40 bouts** during a season (the number promoted in Judo Canada’s LTD) should be promoted to the next belt by their instructor without any formal evaluation.

PROMOTIONS BY STANDARD TRACK

Only a very small percentage of judoka will practice judo for more than 3 seasons. This is the contextual reality of all sports in Canada. Children start in the sport and most often change to a different sport or quit organized sport activities all together.

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.

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.

- **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.
- **The time in grade in the table below is a RECOMMENDED minimum and it is a GUIDE.** 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>	U10	U12	U16	16+
<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

- **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

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.



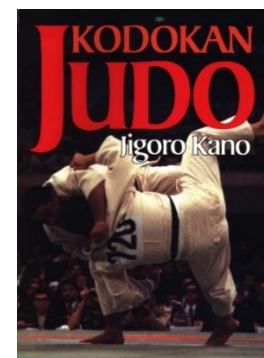
VO2 Max testing: The multi-stage fitness test, also known as the beep test, pacer test, Leger-test or 20-metre shuttle run test, is used by sports coaches, trainers and school teachers to estimate an athlete’s VO2 max (maximum oxygen uptake). Estimating this capacity in judoka is essential to address 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. A variety of options to do this testing and evaluate judoka can be found on-line. e.g.: <https://www.topendsports.com/testing/norms/beep.htm>

NOMENCLATURE USED IN THIS GUIDE

Kodokan Judo reference and terminology: All techniques are based on those demonstrated in the book, “*Kodokan Judo*”, by Professor Jigoro Kano; Distributed by Kodansha America, 1986 edition.

AND techniques listed by Kodokan at:
<http://kodokanjudoinstitute.org/en/waza/list/>

Kodokan Judo technical terminology is used in this guide.



Practical teaching tips for coaches:

Judo Canada NCCP programs for certified Instructor status offers comprehensive training on how to introduce children to judo. It also offers tips on how to modify training for older judoka.

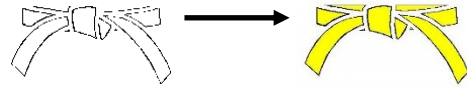
Valuable tips can be found in recently developed versions of Kata for children. A version produced by the French Judo Federation is available at: [Kodomo-No-Kata - French Judo Federation Version - Bing video](#)

A slightly different approach has been proposed in the Kodomo-no-Kata produced by the Kodokan which can be accessed at the following link: [Kodomo-No-Kata - Kodokan Version - Bing video](#)

An extensive catalogue of exercises designed to develop fundamental movement skills for judo is available at: [Long-Term Athlete Development Model - Judo Canada](#)

KYU GRADE SYLLABUS GUIDE

6th Kyu to 5th Kyu



Nage-waza

Tsuri-goshi or Uki-goshi or O-goshi	Tori moving in sideways tsugi-ashi, sleeve side. Change of grip from lapel to back/belt while in motion.
Ko-soto-gari or Ko-soto-gake	Tori moving forward diagonally ayumi-ashi.
Hiza-guruma	Very Young - Uke kneeling on one knee; Tori moving in half circle
Uki-otoshi	Tori retreating – focus on tori’s pull for kuzushi and Zenpo-kaiten for UKE.
Tai-otoshi	Tori retreating ayumi-ashi.
O-uchi-gari	Very Young - Uke kneeling on one knee; Tori moving in a half circle
O-soto-otoshi (modified)	Tori moving forward ayumi-ashi. Tori advances with standard grip moving uke backwards. Tori continues to advance while blocking uke’s leg to assist uke with their breakfall - Tori keeps two feet on the ground and lowers Uke to his back.
Ko-uchi-gari	Very Young - Uke kneeling on one knee; Tori retreating ayumi-ashi.

Transition skills

Hiza-guruma to Kuzure-kesa-gatame
Tai-otoshi to Ko-soto-gari
O-uchi-gari to osaekomi-waza
Ko-uchi-gari to osaekomi waza

Ne-waza

Kesa-gatame and escapes
Kuzure-kesa-gatame and escapes
Yoko-shiho-gatame and escapes
Kata-gatame and escapes
Kami-shiho-gatame and escapes
Turn over from stomach

Turn over from a turtle position

Other skills

Tsugi-ashi and Ayumi-ashi without and with partner all directions and in circles.
Tai-sabaki in 4 forms 90 degrees without partner
Shrimping - EBI backwards
Life skill - RESPECT
Kumi-kata
Kuzushi
Front Roll
Tai-sabaki in 4 forms 180 degrees without partner
Life skill - FRIENDLINESS
Randori ne-waza
Ukemi - Yoko-ukemi; Zenpo-kaiten left and right; Ushiro-ukemi

Terminology

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

Fitness goals

	U10	U12	U16	16+
Push up	8	10	15	20
Sit up	20	22	24	26
Burpees	12	15	16	20

Minimum age for a Yellow Belt Promotion – 8 Years Old.

General priorities: Programs should focus on development of fundamental judo movement skills first without and then with partner; focus on development of core and neck strength to promote confidence in falling backwards. The introduction to Nage-waza techniques for judoka under 8 should be executed with UKE in kneeling position on one knee.

NOTE! *Family of hip throws – Tsurigoshi, O-goshi, Uki-goshi – When introducing adult judoka, any of the three similar throwing techniques will develop their understanding of a back of grip/belt grip.

Koshi-waza for judoka under 8 years of age should start with modified Uki-goshi allowing a grip on the belt - which requires only 90 degrees Tai-sabaki. *When introducing 8-15 years old judoka to these techniques Tsurigoshi is suggested – it offers a fixed point of reference – grip on the back of the gi near the belt or the belt. Judoka can do the grip under the arm of the Uke if they are same size or Tori is shorter than Uke (Ko-tsurigoshi); or Tori can grip over the arm of Uke when Tori is taller than Uke (O-tsurigoshi). It is also important to remember that this is a first hip throw and for some children who are not confident in taking the breakfall yet. There is an option to step off the hip of tori and perform the breakfall with a much reduced impact. Different options of a reduced impact breakfall have been suggested in both the Kodokan and French versions of the Kodomo-no-Kata available at: [Kodomo-No-Kata - Kodokan Version - Bing video](#) and [Kodomo-No-Kata - French Judo Federation Version - Bing video](#)*

No competitions allowed before yellow belt for any age of judoka, however, "judo festivals" are encouraged where judoka demonstrate their skills.

**Under 10 years old
Requirements for grading to the 5th kyu in order of priority**

- Ability to follow the practice regime for a minimum of 45 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Practicing fundamental movement skills and judo techniques right and left
- Being uke for tori at grading
- Understanding of the concept of respect for other judoka and instructors; Friendliness and ability to co-operate with other judoka
- Understanding basic terminology used in judo sessions

**10-11 Years old
Requirements for grading to the 5th kyu 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 80 classes as a white and white/yellow belt
- Being uke 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

Requirements for grading to the 5th kyu – technical pathway

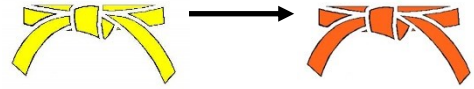
- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Ability to perform breakfalls in all directions in a safe fashion
- Minimum of one year of Judo with a minimum of 2 sessions / week
- Respect for other judoka and instructors and practical application of fair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

16 Years old and up

Requirements for grading to the 5th kyu – technical pathway

- 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 one season of practice 2 x 90 minutes /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

5th Kyu to 4th Kyu



Nage-waza

Ippon-seoi-nage	Tori retreating ayumi-ashi.
De-ashi-harai	Tori stepping forward or retreating ayumi-ashi
Sasae-tsurikomi-ashi	Tori retreating ayumi-ashi.
O-soto-gari	Tori moving forward ayumi-ashi.
Seoi-nage	Tori retreating ayumi-ashi.
Eri-seoi-nage	Tori retreating ayumi-ashi
Tsurikomi-goshi	Tori retreating ayumi-ashi
Okuri-ashi-harai	Tori and Uke moving sideways

Transition skills

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
Ippon-seoi-nage to Kami-shiho-gatame
Hiza-guruma to Tsuru-goshi
Ko-uchi-gari to Ko-soto-gari
Tsubame-gaeshi

Ne-waza

Kuzure-kami-shiho-gatame and escapes
Ushiro-kesa-gatame and escapes
Tate-shiho-gatame and escapes
Uki-gatame and escapes
Ura-gatame and escapes
Transition between Kuzure-kami-shiho to Yoko-shiho and Kesa-gatame

Attacking the Guard Position
Ura-gatame with rolling entry

Other skills

Judo Shrimp legs forward
Guard Position
Life Skill: COURAGE
Randori tachi-waza
Moving Uchi-komi for Nage-waza
Cartwheel; roundoff; handstand
Ne-waza turnovers of Uke in turtle positions.
Ne-waza turnovers of Uke in prone positions.
Life Skill: SELF-CONTROL
Ukemi

Terminology

Ippon (One Point)
Waza-ari (Half Point)
Who is the founder of judo
Osaekomi (Hold Down)
Toketa! (Hold Down Broken)
Shido (Penalty)
Hansoku-make (Disqualified)

Fitness goals

	U10	U12	U16	16+
Push ups	10	12	15	20
Sit up	20	22	24	26
Burpees	20	25	20 in 60 seconds	22 in 60 seconds

For grading to 4th kyu (orange), the child must be a minimum of 10 years old.

General priorities: Continued focusing on development of fundamental judo movement skills - developing a good understanding of the principles of movement with a partner and kuzushi will help future acquisition in sport specific skills; continued focusing on development of core and neck strength to promote confidence in breakfalling. Participation in competition is encouraged, however, for judoka between ages of 10 and 12, Judo Canada rules emphasise experience over winning. In warm up sections of the training continued focusing on development of speed and agility. Judoka between ages of 8 and 12 develop these capacities very effectively when subjected to systemic training. The use of a "relay" training format is encouraged by employing a variety of individual fundamental movement skills both in nage-waza and ne-waza.

Children under 10 years old getting ready for their Orange belt must:

- Practise judo as yellow belts 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 training and festivals.
- Demonstrate courage in randori and self-control in training.

10-11 years

Requirements for grading to the 4th kyu

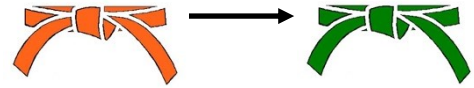
- Practise judo as yellow belts for a minimum of one year with a minimum 2 sessions/week.
- Practicing fundamental movement and judo skills both left and right.
- Continuous respectful treatment of peers and instructors and respect of dojo rules.
- Understanding of judo terminology used in training and competitions.
- Demonstrate courage and self-control in competitions and in training.

12-15 years and older judoka

Requirements for grading to the 4th kyu

- Same minimum requirements as for 10 – 11 years old.
- Fast track grading is available for outstanding competition results – as described earlier in this guide- judoka who compete in the number of events per season as recommended in the LTDM for a specific development stage.

4th Kyu to 3rd Kyu



Nage-waza

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

Transition skills

Tani-otoshi as counter vs. tsuri-komi-goshi
Ko-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)
O-uchi-gari to Seoi-nage (choice of Ippon; Morote or Eri)
Tsuri-komi-goshi to O-uchi-gari
O-uchi-gari to Okuri-ashi-barai
Harai-goshi to O-soto-gari
O-uchi-gari-gaeshi

Ne-waza

Sankaku-gatame (osaekomi-waza)
Nami-juji-jime
Ude-garami
Gyaku-juji-jime
Juji-gatame
Kata-juji-jime
Ude-gatame

Transition between all known osaekomi-waza

Other skills

Ne-waza turnovers of Uke when Tori in guard position.
Passing the guard in Ne-waza
Life Skill: COURTESY
Nage-no-Kata 1st Set
Ne waza defence principles when in turtle position
Ne waza defence principles when in guard position
Tachi-waza blocking forward throwing techniques
Turn over into choke Shime waza when uke in turtle position
Life Skill: HONOUR

Fitness goals

	U16	16+
Push up	35	40
Sit up	26	28
Burpees in 60 seconds	25	29

Minimum age for promotion to green belt - 12 Years old

General training tips: Judoka who reach this level of skill acquisition, and have not already, can enter in the specialization phase in our sport. This means that those who wish to pursue competition are strongly encouraged to compete in several tournaments per season. For outstanding competitors their results will offer an accelerated pathway towards their next promotion. Some judokas at this stage also start puberty which offers a set of challenges and opportunities that need to be addressed in training by competent, NCCP certified instructors/coaches.

Nage-no-Kata first set should be practiced at this stage, however, only the Tori role is required for evaluation.

10-11 years old

Requirements for grading to the 3rd kyu

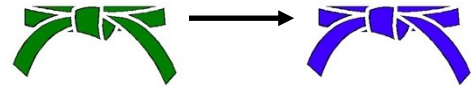
- Practise judo as orange belt for a minimum of one year with a minimum of 2 sessions per week.
- Practicing judo skills both right and left
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training
- Demonstrate courtesy

12-16 years old and older

Requirements for grading to the 3rd kyu

- If the exam is required, the judoka is not getting promoted through the exceptional competitive stream, same minimum requirements as for 10-11 years old
- Demonstrate Nage-no-Kata 1st set as tori
- Fast track grading is available for outstanding competition results – as described earlier in this guide. judoka who competes in the number of events per season as recommended in the LTDM.

3rd Kyu to 2nd Kyu



Nage-waza

Hane-goshi	Tori retreating ayumi ashi
Ushiro-goshi	Uke retreating or turning and attempting koshi-waza
Obi-tori-gaeshi	Tori retreating and/or in Ne-waza application
Seoi-otoshi	Tori retreating or sideways tsugi-ashi
Uchi-mata	Tori retreating or turning
Hane-goshi-gaeshi	Uke retreating and attempting Hane-goshi
Ko-uchi-gaeshi	Uke retreating and attempting Ko-uchi-gari
Uchi-mata-gaeshi	Uke retreating or turning and attempting Uchi-mata

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
Chosen by the judoka Kaeshi-waza
Chosen by the judoka transition from Tachi-waza to Ne-waza
Chosen by the judoka transition between two Ne-waza techniques
Fake forward into Tani-otoshi

Ne-waza

Hadaka-jime
Hiza-gatame
Okuri-eri-jime
Waki-gatame
Kataha-jime
Hara-gatame
Katate-jime

Turnover into Kansetsu-waza of choice
Turnover into Shime-waza of choice

Other skills

Nage-no-Kata: 2 first sets
Knowledge of Competition Rules (Random questions from examiner)
Tachi-waza blocking backwards throwing techniques
Tournament Standards (Random questions from examiner)
Life skill: HONESTY
Nage-no-Kata: 3 sets
Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique
Knowledge of Judo origin and history (where, when, who, why, from what)

Fitness goals

	U16	16+
Push up	35	40
Sit up	28	30
Burpees in 60 seconds	25	29

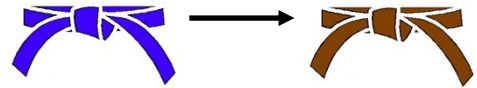
Minimum age for a blue belt promotion is 13 Years Old

General information: A vast majority of judoka in Canada who reach this level of skill development are experiencing various stages of puberty. This period of life offers an unprecedented window of opportunity for development of athletic capacities and judo training has to address it. The performance capacity in all sports is always the athleticism of the individual. For this reason, judo training for youth at this development stage has to offer an optimal training stimuli that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged. Nage-no-Kata first and second set should be practised at this stage.

All eligible judoka of all age groups
Requirements for grading to the 2nd kyu

- A minimum of 72 practices of duration 90 – 120 minutes as a green belt
- Practicing judo skills both right and left
- Respectful treatment of peers and instructors and respect of fair play and rules
- Demonstrate courage and self-control both in competition and in training
- Demonstrate courtesy and honesty
- Demonstrate Nage-no-Kata 1st and 2nd set as tori
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, judo in Canada and judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology.
- Outstanding judoka who meet the minimum required competition experience standard as defined in the Judo Canada LTDM are eligible for a fast track grading.

2nd Kyu to 1st Kyu



Nage-waza

Koshi-guruma	Choice of direction
Harai-makikomi	Choice of direction
O-soto-makikomi	
Sumi-otoshi	Choice of direction
Ura-nage	Choice of direction
Yoko-guruma	Choice of direction
Ko-uchi-makikomi	
Yoko-wakare	

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)
Chosen by the judoka 2 Tokui-waza in Tachi-waza
Chosen by the judoka 2 Tokui-waza in Ne-waza
Chosen by the judoka 2 transition Tokui waza
Uchi-mata-sukashi

Ne-waza

Ryote-jime
Ashi-gatame
Sode-guruma-jime
Te-gatame
Tsukkomi-jime
Sankaku-gatame (Kansetsu-waza)
Sankaku-jime
2 Transition from Tachi-waza to Ne-waza

2 Turnovers into Shime-waza of choice
2 Turnovers into Kansetsu-waza of choice

Other skills

Nage-no-Kata: Te-waza, Koshi-waza, Ashi-waza (Tori)
Mechanical analysis (kuzushi-tsukuri-kake) - Candidate choice of a technique
Knowledge of Judo tradition and heritage
Life Skill: MODESTY

Fitness goals

	U16	16+
Push up	40	50
Sit up	32	36
Burpee in 60 seconds	27	31

Minimum eligibility age for promotion to a brown belt is 14 Years Old

General information. A vast majority of judoka in Canada who reach this level of skill development are experiencing various stages of puberty. This period of life offers an unprecedented window of opportunity for development of athletic capacities and judo training has to address it. Athleticism is a base of the performance capacity in all sports – judo is no exception. For this reason, judo training during this development stage has to offer an optimal training stimulus that targets endurance, strength, power and speed besides the technical development. Participation in competition is strongly encouraged.

Nage-no-Kata first, second and third set should be practiced at this stage.

Participants of all Ages
Requirements for grading to the 1st kyu

- A minimum of 72 practices of 90 – 120 minutes as a blue belt
- Practicing judo skills right and left
- All Nage-waza skills must be demonstrated with a 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 1st, 2nd and 3rd set as tori
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada and Judo in the World. Games used in judo for development of certain judo skills. Competition rules and terminology.
- Outstanding judoka who meets the minimum required competition experience standard as defined in the Judo Canada LTDM are eligible for a fast-track grading