Moose Jaw Koseikan Judo Club
2019-2020
www.mjjudo.com
Parents and Judoka Handbook
September 2019
- 9-10, Registration and first nights of class
- 28-29, Judo Sask Sensei Retreat, Moose Jaw

October 2019
- 4-5, Judo Sask Fall High Performance Camp, Moose Jaw
- 14, Thanksgiving, no classes
- 19-20, Sask Open Championships, Regina
- 31, Halloween, no classes

November 2019
- 2-3, Quebec Open, Montreal
- 9-10, Ontario Open, Toronto
- 11, Remembrance Day, no classes
- 16, Provincial Tournament, Watrous
- 16, Judo Sask Annual General Meeting and Awards, Watrous
- 17, Judo Sask Team Training, Watrous

December 2019
- 13-14, Judo Sask Winter Camp (tentative)
- TBA, Judo Sask Grading
- 19, Last day of Judo for Holiday Break

January 2020
- 6, First day of back to Judo
- 11-12, Elite Nationals, Montreal
- 18-19, Western Canadian Kata Championships, Spruce Grove, AB
- 25, Regina Y Tournament, Regina YMCA
- 26, Judo Sask Team Training, Regina

February 2020
- 1-2, Inner City Tournament, Winnipeg
- 17-21, Winter Break, no classes

March 2020
- 7-11, Edmonton International Championships
- 14-15, Pacific International, Richmond, BC

April 2020
- 13-17, Easter Break, no classes
- 30, Last day of classes

May 2020
- 4, Manitoba Open, Winnipeg, MB
- 14-17, National Judo Championships, Edmonton, AB
- 18-21, National Training Camp, Edmonton, AB

August 2020
- 16-22, Judo Sask Summer Camp, Rosthern
- TBA, Judo Sask Grading

The dates on this list are subject to change. For updates to this list, check the events calendar at www.mjjudo.com, or the bulletin board at the Dojo.
Moose Jaw Koseikan Judo Club
2019-2020 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:**
Club Fees: $285 for the 2019/2020 season
*Can be paid in instalments with 3 post dated cheques for $95 each*

**YOUTH:**
Club Fees: $475 for the 2019/2020 season
*Can be paid in instalments with 5 post dated cheques for $95 each*

**ADULT:**
Club Fees: $475 for the 2019/2020 season
*Can be paid in instalments with 5 post dated cheques for $95 each*

**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, 2007 and younger : $55
- December 31, 2006 and older : $60
- Black Belt : $40

**Black Belt and Coaches**
No charge, if they are coaching
$40 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 Geesinkm, 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 Chochovcii. 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 Kidokan. 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 Hatashta 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. Hatashta 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 motto — “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)

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Email</th>
<th>Key Details</th>
</tr>
</thead>
</table>
| Brian Cook   | smotra.cook@sasktel.net| • Started judo in 1960’s  
• Competed in several major championships in his career  
• Received Godan in 2010 in front of the National Grading Board  
• Current head of the Provincial Grading Board |
| Jim Wiens    | jmwiens@sasktel.net    | • Started judo in 1978  
• Competed in 1 Canadian championship  
• Has taught judo since 1995  
• Received Yondan in 2017  
• Registered NCCP Level 3 coach |
| Garth Rivers | glrivers@hotmail.com   | • Started judo in 1998  
• Has taught judo since 2003  
• Registered NCCP Dojo Instructor  
• Received Nidan in 2011  
• Competed in several Canadian championships and won a bronze medal in 2002 |
| Vern MacDonald| vernonmacdonald@hotmail.com| • Started judo in 1980  
• Has taught judo since 1986  
• Registered NCCP Dojo Instructor  
• Received Nidan in 2013 |
| Destiny Gibney| dgibney@gmail.com     | • Started judo in 1987  
• Received Shodan in 1998  
• Registered NCCP Dojo Assistant  
• Competed in several international competitions and Canadian championships, winning bronze in 1996, silver and bronze in 1998 and gold in 1999  
• Former Chair of Coaches, Judo Saskatchewan |
| Stephanie Laturnus| steph@rockportcarrier.ca| • Started judo in 1995  
• Received Shodan in 2003  
• Registered NCCP Dojo Assistant  
• Competed in several Canadian championships. |
| Dan Orescanin | dan@sasktel.net       | • Started judo in 1997  
• Received Shodan in 2002  
• Former Chair of Coaches for Judo Sask  
• Competed in 2 Canadian championships  
• Has taught judo since 2002  
• Registered NCCP Dojo Instructor |
| Derek Porter | porterdca@gmail.com    | • Started judo in 1999  
• Received Shodan in 2003  
• Registered NCCP Dojo Assistant  
• Former athletes representative for Judo Sask  
• Competed in 2 Canadian championships |
| Jeremy Williams| jeremyandannelise@gmail.com| • Started judo in 1998  
• Received Shodan in 2003  
• Registered NCCP Dojo Assistant |
| Charles Hackney| chackney@briercrest.ca| • Started judo in 2014  
• Holds the rank of Ikkyu |
| Sara Wiens   | wienssara76@gmail.com  | • Started judo in 2004  
• Holds the rank of Nikyu |
**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.

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**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  (Changes for 2018 season!)

Contests will be fought until an Ippon is obtained, or time expires. Time limits vary from 2 1/2 to over 4 minutes. Ippon is automatic win, Waza-ari is a lesser score, but no longer 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:

<table>
<thead>
<tr>
<th>Points</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ippon</td>
<td>Full Point</td>
</tr>
<tr>
<td>Waza-ari</td>
<td>Partial point</td>
</tr>
</tbody>
</table>

(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:

<table>
<thead>
<tr>
<th>Time Limit</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 seconds</td>
<td>Ippon</td>
</tr>
<tr>
<td>10 but less than 20</td>
<td>Waza-ari</td>
</tr>
</tbody>
</table>

(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
LEG GRAB - First leg grab is a warning, Second infraction is disqualification
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

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Year Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 8 boys and girls (U8)</td>
<td>2013 and younger</td>
</tr>
<tr>
<td>Under 10 boys and girls (U10)</td>
<td>2011-2012</td>
</tr>
<tr>
<td>Under 12 boys and girls (U12)</td>
<td>2009-2010</td>
</tr>
<tr>
<td>Under 14 boys and girls (U14)</td>
<td>2007-2008</td>
</tr>
<tr>
<td>Under 16 men and women (U16)</td>
<td>2005-2006</td>
</tr>
<tr>
<td>Under 18 men and women (U18)</td>
<td>2003-2004-2005</td>
</tr>
<tr>
<td>Senior men and women (21+)</td>
<td>2005 and older</td>
</tr>
<tr>
<td>Masters (Veteran) men and women</td>
<td>Born 1990 and older</td>
</tr>
</tbody>
</table>

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
### Judo Terminology

<table>
<thead>
<tr>
<th>Judo - the gentle way</th>
<th>Dojo - workout hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tatami - mats</td>
<td>Judogi - uniform</td>
</tr>
<tr>
<td>Kyu - Yellow to brown belt rank</td>
<td>Dan - black belt ranks</td>
</tr>
<tr>
<td>Shiai - tournament</td>
<td>Professor Jigoro Kano - founder of Judo</td>
</tr>
<tr>
<td>Sensei - teacher</td>
<td>Kitzkae - pay attention</td>
</tr>
<tr>
<td>Uki - one who’s being thrown</td>
<td>Rei - bow</td>
</tr>
<tr>
<td>Tori - one who is throwing</td>
<td>Zarei - kneeling bow</td>
</tr>
<tr>
<td>Judoka - student of Judo</td>
<td>Randori - free practice</td>
</tr>
<tr>
<td>Kata - pre-arranged set of techniques</td>
<td>Uchi-komi - step-ins</td>
</tr>
<tr>
<td>Ukemi - breakfalls</td>
<td>Osae-waza - holding techniques</td>
</tr>
<tr>
<td>Nage-waza - throwing techniques</td>
<td>Kansetsu-waza - joint-lock techniques</td>
</tr>
<tr>
<td>Kei - yell from stomach</td>
<td>Shinhan - professor</td>
</tr>
<tr>
<td>Tsuri - lift and pull</td>
<td>Shiai-jo - contest area</td>
</tr>
<tr>
<td>Tobi-komi - turn and pull</td>
<td>Kake - attack</td>
</tr>
<tr>
<td>Guruma - wheel</td>
<td>Gake - hook</td>
</tr>
<tr>
<td>Hari - sweep</td>
<td>Tomoe - circular</td>
</tr>
<tr>
<td><strong>Hon</strong> - basic</td>
<td><strong>Kuzure</strong> - modified or broken position</td>
</tr>
<tr>
<td><strong>Obi</strong> - belt</td>
<td><strong>Nage</strong> - throw</td>
</tr>
<tr>
<td><strong>O</strong> - major</td>
<td><strong>Ko</strong> - minor</td>
</tr>
<tr>
<td><strong>Mae</strong> - forward</td>
<td><strong>Jime</strong> - strangling</td>
</tr>
<tr>
<td><strong>Juji</strong> - cross</td>
<td><strong>Uchi</strong> - inner</td>
</tr>
<tr>
<td><strong>Soto</strong> - outer</td>
<td><strong>Ura</strong> - back</td>
</tr>
<tr>
<td><strong>Sumi</strong> - corner</td>
<td><strong>Sutemi</strong> - sacrifice</td>
</tr>
<tr>
<td><strong>Shinban</strong> - referee</td>
<td><strong>Otoshi</strong> - drop</td>
</tr>
<tr>
<td><strong>Joseki</strong> - head or official table</td>
<td><strong>Gari</strong> - reaping</td>
</tr>
<tr>
<td><strong>Okuri</strong> - sliding</td>
<td><strong>Sensei</strong> - teacher</td>
</tr>
</tbody>
</table>

**Terms used in competition:**

- Ippon - full point
- Hansoku make - disqualification
- Waza-ari - minor point
- Shido - penalty for minor infringement
- Fusensho - win by default
- Sogo-gachi - compound win
- Yusei-gachi - win by decision
- Yoshi - continue after sonomama
- Hiki-wake - draw/tie
- Hantei - request for decision
- Hajime - start
- Matte - stop
- Osae-komi - holddown is on
- Soremade - that is all
- Toketa - holddown is broken
- Sonomama - do not move

**Body Parts:**

- **Migi** - right
- **Hadari** - left
- **Kao** - face
- **Saika** - back
- **Eri** - collar
- **Tai** - body
- **Seo** - shoulder
- **Kube** - neck
- **Zempaku** - forearm
- **Yubi** - finger
- **Boshi** - thumb
- **Kobusi** - fist
- **Hiji** - elbow
- **Yoko** - side
- **Momo** - thigh
- **Ashi** - foot
- **Tomo** - stomach
- **Goshi** - hip
- **Kakato** - heel
- **Ashiura** - back of foot
- **Tsumasaki** - toes and ball of foot

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**Maximum Efficiency with Minimum Effort**

**Mutual Welfare and Benefit**
PROMOTIONS

In Judo, being a sport based on hierarchy, it is generally accepted that the various ranks be represented by belts of different colors.

The Yudansha “dan” grades, Black Belts, are awarded according to the National rules (Grading Syllabus), adapted from the Rules of the International Judo Federation. The color grades are given by instructors based on the Judo Canada Junior Kyu Grade Syllabus.

Women generally wear the same colored belts as men, with a white stripe the length of the belt. This distinction was initiated by the Kodokan so that women would be differentiated from the male competitors. But with the increasing number of women involved in national and international competition, the tradition of the white striped belt seems to be vanishing.

JUDO RANKING

Here is the list of the various ranks, and the corresponding belt color as it applies in Canada.
The kyu grade syllabus has been modified by Judo Canada to provide a different approach to learning the various techniques for junior-aged judoka and to standardize the requirements across Canada for full colour belts. The new syllabus provides for promotion to half-belts (i.e., white, white/yellow, yellow etc. as per diagram). They are meant to provide a physical, visible, acknowledgement of accomplishment and skill advancement.

In terms of equivalency for competition, the lower colour is considered the basis for grouping. I.e. white/yellow is considered white, yellow/orange is considered yellow, orange/green is considered orange etc.

In order to fully understand the grading requirements it is necessary for the sensei and student to recognize the following:

**Competition points or equivalent:** To be scored at sanctioned tournaments only; a win over an opponent of equal or higher grade scores 2 points. Win over an opponent of lower grade score 1 point. The low number of points required is to encourage all judoka to participate in competition. While competition is not an absolute necessity in judo, that participation in competition is an important teaching tool and learning experience. Some areas of human nature that can be accessed only when subjected to a stress of competition and from this perspective, judo experience is much fuller with competition as part of it. For those judoka to whom competition is not possible or desirable, an equivalent would be to participate in tournament situations as a volunteer official-referee, timekeeper, scorekeeper or some other capacity. An appropriate equivalent would be 2 hours of time equals one competition point.

**Fitness Goals:** Fitness goals imply what the student should be striving to attain. These goals may not be achievable in all cases. To promote the growth of judo we need to emphasize safety. Since improved levels of fitness are important to a person’s and particularly an athlete’s health and well-being, a minimum level of general fitness is required from judo students at the time of their promotions. Such requirements will also help to increase students’ motivation towards achieving certain fitness standards, and thus students will be better prepared to handle the learning of judo-specific skills. Three basic exercises should be performed in a uniform format across Canada. The numbers suggested in testing are the goals that the student and instructor should strive for; however, they should be adjusted for judoka who may not be capable of meeting the full standard.

- **Push up** – Elbows must stay in a close contact with the ribcage at all times. Starting in the high position. Body must stay rigid at all times. Arms must bend to a minimum of 90 degrees angle.
  - Male: toes and hands are the points of support for the body during the whole test.
  - Female: hands and knees (legs bent at 90º and ankles crossed) are the points of support.

- **Modified Sit-ups** – The starting position is on the back with legs bent at 90 degrees 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 starting with 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 so important in performance of a proper koho-ukemi.

- **Burpees** – Start in standing position. One repetition is performed after the following cycle is completed: bend your knees until a full squatting position; place your hands on the ground; keeping your feet together at all time kick both legs simultaneously back until in an upper push-up position; perform a full push-up (female 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.

**Kodokan Judo Reference and Terminology:** All techniques are based upon those demonstrated in the book Kodokan Judo, by Jigoro Kano; Distributed by Kodansha America, 1986 edition. As well, only traditional Kodokan Judo technical terminology is used in this guide.

**Minimum Time Requirements:** The length of time that is indicated for each belt and group as minimum required, should be adjusted by instructors according to fitness level of children and to their age. Our goal is to keep children and teenagers interested and active in judo until they reach their black belt. The eligibility age for a black belt is 15 so we need to understand and make our students 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 children start, longer their apprenticeship time at one kyu level should be.
### Requirements for promotion to the 5th Kyu (Gokyu/Yellow Belt)

#### Under 9 years old (in order of priority)
- Ability to follow the practice regime for a minimum of 40 minutes
- Preferably one year of practice but a minimum of 60 classes, as a white and white/yellow belt.
- Fitness goals: 8 full push-ups; 20 modified sit-ups; 12 burpees
- 6 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uki for the tori attempting a grading examination
- Understanding of a concept of respect to other children. Ability to co-operate with other students
- Knowledge of Judo origin and history – basics (where, when, who, from what)

In order to be graded to 9th kyu (YELLOW), the child must be a minimum of 6 years old.

#### 9-12 Years old (in order of priority)
- Ability to follow the practice regime for a minimum of 45 minutes
- Minimum of 60 classes as a white and white/yellow belt.
- Fitness goals: 10 full push-ups; 25 modified sit-ups; 15 burpees
- 7 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uki for the tori attempting a grading examination
- Respect to other children. Ability to co-operate with other students.
- Improvement in attention span as assessed by the instructor.
- Knowledge of Judo origin and history – basics (where, when, who, why, from what)

#### 13-16 Years old (in order of priority)
- 8 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uki for the tori attempting a grading examination
- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes.
- Minimum of 24 classes, as a white and/or white/yellow belt.
- Fitness goals: 15 full push-ups; 30 modified sit-ups; 16 burpees in 30 seconds.
- Respect to other children and practical application of fair play philosophy.
- Knowledge of Judo origin and history – basics (where, when, who, why, from what, Judo in Canada)

#### 17 Years old and up (in order of priority)
- 9 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uki for the tori attempting a grading examination
- Ability to stay concentrated and follow the practice regime for a minimum of 120 minutes.
- Minimum of 15 weeks of practice 2 x 120 minutes/week, as a white belt.
- Respect to other judoka and practical application of judo etiquette and fair play philosophy.
- Ability to co-operate with other students.
- Knowledge of Judo origin and history –(where, when, who, why, from what, Judo in Canada, Judo in the World)
- Fitness goals: 20 full push-ups; 30 modified sit-ups; 20 burpees in 60 seconds;

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### Nage-Waza (Throwing Techniques)
- O-soto-otoshi
- O-soto-gari
- Ippon-seio-nage
- De-ashi-barai

### Tai-otoshi
- O-uchi-gari
- Ko-uchi-gari
- Ko-soto-gari
- O-goshi (right and left)

### Ukemi (Breakfalls)
- Ma-ukemi (forward fall breakfalls)
- Koho-ukemi (backward breakfall)
- Yoko-ukemi (side breakfalls)
- Zempo-kaiten (forward roll breakfall)

### Ne-Waza (Ground Techniques)
#### Osae-waza (holding techniques)
- Kesa-gatame / Kuzure-kesa-gatame
- Yoko-shiho-gatame
- Escapes from kesa-gatame and yoko-shiho-gatame
- Basic attack and defense

### Other Skills
- Shizen-Hontai - Migi/Hidari Shizentai (Natural Posture)
- Jigo-Hontai - Migi/Hidari Jigotai (Defensive Posture)

### Other Skills
- Tai-sabaki / Tsigu-ashi (Movement control)
- Kumi-kata (Taking grips)
- Kuzushi (act of unbalancing your opponent)
- Tsukuri (that action of fitting in for a throw)
- Kake (execution of a throw)
**Nage-Waza - Throwing Techniques**

- **O-soto-otoshi**
  - Major Outer Drop

- **O-soto-gari**
  - Major Outer Reaping

- **Ippon-seio-nage**
  - One Arm Shoulder Throw

- **De-ashi-barai**
  - Advancing Foot Sweep

- **O-uchi-gari**
  - Major Inner Reaping

- **Ko-uchi-gari**
  - Minor Inner Reaping

- **Tai-otoshi**
  - Body Drop

- **Ko-soto-gari**
  - Minor Outer Reap

**Osae-Waza - Holding Techniques**

- **O-goshi**
  - Major Hip Throw

- **Kesa-gatame**
  - Scarf Hold

- **Yoko-shiho-gatame**
  - Side 4 Quarters Hold

- **Kuzure-kesa-gatame**
  - Broken Scarf Hold

(Gokyu/Yellow Belt)
### Requirements for promotion to the 4th Kyu (Yonkyu/Orange Belt)

#### Under 9 years old (in order of priority)
- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 10 new nage-waza, 7 must be performed in motion. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of four techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada.
- Preferably one year of practice but a minimum of 60 classes as a yellow and yellow/orange belt before the grading for orange belt should be allowed.
- Respectful treatment of peers and respect of dojo rules.
- Fitness goals: 10 full push-ups; 20 sit-ups; 20 burpees
- In order to be graded to the 7th Kyu (ORANGE), the child must be a minimum of 8 years old.

#### 9-12 Years old (in order of priority)
- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 10 new nage-waza, 8 must be performed in motion. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada.
- Preferably one year of practice but a minimum of 48 classes as a yellow belt and yellow/orange before the grading for orange belt should be allowed.
- Continuous respectful treatment of peers and respect of dojo rules.
- Fitness goals: 12 full push-ups; 25 sit-ups; 25 burpees

#### 13-16 Years old (in order of priority)
- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 10 new nage-waza, 9 must be performed in motion. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada.
- Preferably one year of practice but a minimum 48 classes as a yellow and yellow/orange belt before the grading for orange belt should be allowed.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Knowledge of basic competition terminology.
- Fitness goals: 15 full push-ups; 30 sit-ups; 30 burpees

#### 17 Years old and up (in order of priority)
- All newly introduced ne-waza skills and techniques must be demonstrated; All of the 10 new nage-waza must be performed in motion. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada.
- A minimum of 40 classes before the grading for orange belt should be allowed.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Knowledge of basic competition terminology.
- Fitness goals: 20 full push-ups; 35 sit-ups; 20 burpees/in 1 minute
- 10 competition points

#### Nage-Waza (Throwing Techniques)
- Morote-seio-nage (right and left)
- Uki-goshi (right and left)
- Tsuri-goshi (right and left)
- Koshi-guruma
- Tsuri-komi-goshi (right and left)
- Sasae-tsuri-komi-ashi
- Tsubame-gaeshi
- Okuri-ashi-barai
- Ko-soto-gake
- Ko-uchi-gake

#### Ukemi (Breakfalls)
- Ma-ukemi (forward fall breakfalls)
- Koho-ukemi (backward breakfalls)
- Yoko-ukemi (side breakfalls)
- Zempo-kaiten (forward roll breakfalls)

#### Ne-Waza (Ground Techniques)
- Osae-waza (holding techniques)
  - Kami-shiho-gatame (kuzure) and escapes
  - Tate-shiho-gatame and escapes
- Shime-waza (strangulations) ONLY for judoka 13 and over
  - Name-juji-jime
  - Gyaku-juji-jime
  - Kata-juji-jime
- Kansetsu-waza (joint locks) ONLY for judoka 13 and over
  - Juji-gatame

#### Other Skills
- Ne-waza: attacking through legs
- 1 rollover with uki in prone position
Nage-Waza - Throwing Techniques

- Morote-seio-nage Two Arm Shoulder Throw
- Uki-goshi Floating Hip Throw
- Tsuri-goshi Lifting Hip Throw
- Koshi-guruma Hip Whirl
- Tsuri-komi-goshi Lifting Pulling Hip Throw
- Sasae-tsuri-komi-ashi Lifting Pulling Ankle Block
- Tsubame-gaeshi Swallow’s Counter
- Okuri-ashi-barai Following Foot Sweep
- Ko-soto-gake Minor Outer Hook
- Ko-uchi-gake Minor Inner Hook

Shime-Waza - Strangulations

- Nami-juji-jime Normal Cross Choke
- Gyaku-juji-jime Reverse Cross Choke
- Kata-juji-jime Half Cross Choke

Kansetsu-Waza - Joint Locks

- Ude-hishigi-juji-gatame Cross Arm Lock

Osae-Waza - Holding Techniques

- Kami-shiho-gatame Upper 4 Quarters Hold
- Kuzure-kami-shiho-gatame Broken Upper 4 Quarters Hold
- Tate-shiho-gatame Mounted Hold
# Requirements for promotion to the 3rd Kyu (Sankyu/Green Belt)

## 9-12 years old (in order of priority)

- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 10 new nage-waza, 8 must be performed in motion. At least 2 combination techniques from each group and counter techniques must be demonstrated. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada Judo In the World.
- Games used in judo for development of certain judo skills.
- Basic competition terminology.
- Preferably one year of practice but a minimum of 90 classes, as an orange and orange/green belt before the grading for green belt should be allowed.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Fitness goals: 17 full push-ups; 30 sit-ups; 30 burpees
- 8 competition points
- In order to be graded to the 5th Kyu (GREEN), the child must be a minimum of 10 years old.

## 13-16 Years old (in order of priority)

- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 10 new nage-waza, 9 must be performed in motion. At least 2 combination techniques from each group and counter techniques must be demonstrated. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada Judo In the World.
- Games used in judo for development of certain judo skills.
- Competition rules and terminology.
- A minimum of 48 practices, as an orange and orange/green belt before the grading for green belt should be allowed.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Fitness goals: 25 full push-ups; 40 sit-ups; 35 burpees
- 10 competition points

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

- All newly introduced ne-waza skills and techniques must be demonstrated. All of the 10 new nage-waza must be performed in motion. At least 3 combination techniques from each group and counter techniques must be demonstrated. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada Judo In the World.
- Games used in judo for development of certain judo skills.
- Competition rules and terminology.
- A minimum of 40 classes, as an orange belt before the grading for green belt should be allowed.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Fitness goals: 30 full push-ups; 45 sit-ups; 27 burpees/1 minute
- 10 competition points

### Nage-Waza (Throwing Techniques)

- Harai-goshi (right and left)
- Kata-guruma
- Uki-otoshi
- Tani-otoshi
- Sode-tsuri-komi-goshi (right and left)
- Hiza-guruma
- Sukui-nage
- Tomoe-nage
- Uki-waza
- O-soto-guruma

### Ne-Waza (Ground Techniques)

- Kata-gatame
- Ushiro-kesa-gatame (13 and over only)
- Kansetsu-waza (joint locks) ONLY for judoka 13 and over
  - Ude-garami
  - Ude-hishigi-ude gatame
  - Waki-gatame
- Shime-waza (strangulations) ONLY for judoka 13 and over
  - Hadaka-jime
  - Kata-ha-jime
  - Okuri-eri--jime
  - Sode-guruma-jime (form of)

### Renraku-waza (Combinations)

- O-uchi-gari / Seio-nage
- Seio-nage / Kesa-gatame
- Kaeshi-waza (Counters)
  - Harai-goshi as a counter to O-soto-gari
  - Tani-otoshi as a counter

### Osae-waza (holding techniques)

- Kata-gatame
- Ushiro-kesa-gatame (13 and over only)

### Nage-no-kata (pre-arranged forms)

- Koshi-waza (2nd set) uki and tori

### Kaeshi-waza (Counters)

- Harai-goshi as a counter to O-soto-gari
- Tani-otoshi as a counter
Nage-Waza - Throwing Techniques

Harai-goshi
Sweeping Hip Throw

Kata-guruma
Shoulder Whirl

Uki-otoshii
Floating Drop

Tani-otoshii
Valley Drop

Sode-tsuri-komi-goshii
Sleeve Lifting Pulling Hip Throw

Hiza-guruma
Knee Whirl

Sukui-nage
Scoop Throw

Tomoe-nage
Circle Throw

Uki-waza
Floating Technique

O-soto-guruma
Major Outer Wheel

Shime-Waza - Strangulations

Hadaka-jime
Bare Strangle

Kata-ha-jime
Single Wing Strangle

Okuri-eri-jime
Sliding Collar Strangle

Sode-guruma-jime
Sleeve Wheel Strangle

Kansetsu-Waza -
Joint Locks

Ude-garami
Entangled Arm Lock

Ude-gatame
Straight Arm Lock

Waki-gatame
Armpit Arm Lock

Osae-Waza - Holding Techniques

Kata-gatame
Shoulder Hold

Ushiro-kesa-gatame
Reverse Scarf Hold
Requirements for promotion to the 2nd Kyu (Nikyu/Blue Belt)

- **12-16 Years old (in order of priority)**
  - All newly introduced ne-waza skills and techniques must be demonstrated. Of the 11 new nage-waza, 9 must be performed in motion. At least 3 combination techniques from each group including the connection from tachi- to ne-waza and counter techniques must be demonstrated. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
  - Games used in judo for development of certain judo skills.
  - Competition rules and terminology.
  - A minimum of 72 practices, as a green belt before the grading for blue belt should be allowed.
  - Continuous respectful treatment of instructors, peers and respect of dojo rules.
  - Fitness goals: 35 full push-ups; 50 sit-ups; 40 burpees
  - 10 competition points
  - In order to be graded to the 3rd Kyu (BLUE), the child must be a minimum of 12 years old.

- **17 Years old and up (in order of priority)**
  - All newly introduced ne-waza skills and techniques must be demonstrated. All of the 11 new nage-waza must be performed in motion. At least 3 combination techniques from each group including the connection from tachi- to ne-waza and counter techniques must be demonstrated. Chosen goshi-waza and seoi-nage must be performed to the right and left. Random choice of techniques from the previous grade.
  - Games used in judo for development of certain judo skills.
  - Competition rules and terminology.
  - Nage-no-kata – theoretical knowledge of this form.
  - A minimum of 72 classes, as a green belt before the grading for blue belt should be allowed.
  - Continuous respectful treatment of instructors, peers and respect of dojo rules.
  - Fitness goals: 40 full push-ups; 50 sit-ups; 29 burpees/1 minute
  - 10 competition points

### Nage-Waza (Throwing Techniques)
- Uchi-mata
- Hane-goshi (right and left)
- Ushiro-goshi (right and left)
- Ashi-guruma
- Harai-tsuri-komi-ashi
- Morote-gari
- Hikikomi-gaeshi
- Sumi-gaeshi
- Kuchiki-taoshi
- Kibisu-gaeshi
- O-uchi-gaeshi

### Ne-Waza (Ground Techniques)

#### Kansetsu-waza (joint locks)
- Hiza-gatame

#### Shime-waza (strangulations)
- Ryote-jime
- Tsukkomi-jime
- Sankaku-jime

### Other Skills

#### Nage-no-kata
- Koshi-waza (1st set) uki and tori
- Te-waza (2nd set) uki and tori

#### Nage-no-kata (pre-arranged forms)
- Te-waza (1st set) Uki and Tori
- Koshi-waza (2nd set) Uki and Tori
Nage-Waza - Throwing Techniques

(Nikyu/Blue Belt)

Uchi-mata
Inner Thigh Throw

Hane-goshi
Springing Hip Throw

Ushiro-goshi
Rear Hip Throw

Ashi-guruma
Foot Whirl

Harai-tusri-komi-ashi
Lifting Pulling Foot Sweep

Morote-gari
Two Handed Reaping

Hikikomi-gaeshi
Back Fall Counter

Sumi-gaeshi
Corner Reversal

Kuchiki-taoshi
Dead Tree Drop

Kibisu-gaeshi
Heel Trip Reversal

O-uchi-gaeshi
Major Inner Counter

Shime-Waza - Strangulations

Kansetsu-Waza - Joint Locks

Ryote-jime
Two Handed Strangle

Tsukkomi-jime
Lift Pull Strangle

Sankaku-jime
Triangle Strangle

Hiza-gatame
Knee Arm Lock
Requirements for promotion to the 1st Kyu (Ikkyu/Brown Belt)

**12-16 Years old (in order of priority)**
- All newly introduced ne-waza skills and techniques must be demonstrated. Of the 11 new nage-waza, 9 must be performed in motion. At least 3 combination techniques from each group including the connection from tachi- to ne-waza. Chosen goshi-waza must be performed to the right and left. Random choice of techniques from previous grades.
- Mechanical analysis (kuzushi-tsukuri-kake) of a chosen technique.
- Competition rules and terminology.
- Tournament Standards.
- Nage-no-kata – theoretical knowledge of this form.
- A minimum of 20 weeks of practice 3x week, as a blue belt before the grading for a brown belt should be allowed.
- Ability to concentrate for a minimum of 120 minutes.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Fitness goals: 40 full push-ups; 60 sit-ups; 45 burpees
- 10 competition points
- In order to be graded to the 1st Kyu (BROWN), the judoka must be a minimum of 14 years old.

**17 Years old and up (in order of priority)**
- All newly introduced ne-waza skills and techniques must be demonstrated. All of the 11 new nage-waza must be performed in randori. At least 3 combination techniques from each group including the connection from tachi- to ne-waza. Chosen goshi-waza must be performed to the right and left. Random choice of techniques from previous grades.
- Mechanical analysis (kuzushi-tsukuri-kake) of a chosen technique.
- Katsu forms
- Active promotion of dojo rules and judo etiquette. Knowledge of Judo tradition and heritage.
- A minimum of 15 weeks of practice 3x week, as a blue belt before the grading for a brown belt should be allowed.
- Ability to concentrate for a minimum of 120 minutes.
- Continuous respectful treatment of instructors, peers and respect of dojo rules.
- Fitness goals: 50 full push-ups; 60 sit-ups; 31 burpees/1 minute
- 10 competition points

**Nage-Waza (Throwing Techniques)**
- Sumi-otoshi
- O-guruma
- Yoko-wakare
- Yoko-gake
- Yoko-otoshi
- Yoko-guruma
- Uchi-mata-sukashi
- Harai-makikomi
- O-soto-makikomi
- Uchi-makikomi
- Soto-makikomi

**Ne-Waza (Ground Techniques)**
- Kansetsu-waza (joint locks)
  - ONLY for judoka 13 and over
  - Hara-gatame

- Shime-waza (strangulations)
  - ONLY for judoka 13 and over
  - Koshi-jime

**Nage-no-kata (pre-arranged forms)**
- Te-waza (1st set) Uki and Tori
  - Otsuri-Ashi-Barai
  - Sasae-Tsuru-Komi-Ashi
  - Uchi-Mata
- Koshi-waza (2nd set) Uki and Tori
- Ashi-waza (3rd set) Uki and Tori
  - 3rd Set of Kata
Nage-Waza - Throwing Techniques

- Sumi-otoshi: Corner Drop
- O-guruma: Major Whirl
- Yoko-wakare: Side Separation
- Yoko-gake: Side Dash
- Yoko-otoshi: Side-drop
- Yoko-guruma: Side Wheel
- Uchi-mata-sukashi: Inner Thigh Slip
- Harai-makikomi: Sweeping Wrap Around
- O-soto-makikomi: Major Outer Wrap Around
- Uchi-makikomi: Inner Wrap Around
- Soto-makikomi: Outside Body Wrap

Shime-Waza - Strangulations

- Koshi-jime: Hip Strangle

Kansetsu-Waza - Joint Locks

- Hara-gatame: Stomach Arm Lock
Requirements for promotion to the 1st Dan (Shodan-Black Belt)

The requirements for grading to shodan are in the Judo Canada Dan Grading Syllabus. This is a list of things to work on when you are a brown belt.

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<tr>
<td>• Ashi-waza (3rd set) Uki and Tori</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ju-no-kata (1st set)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge of prohibited throws</td>
</tr>
<tr>
<td>• Kani-basami</td>
</tr>
<tr>
<td>• Kawazu-gake</td>
</tr>
</tbody>
</table>

- Utsuri-goshi  
  Changing Hip Throw

- Ura-nage  
  Rear Throw

- Tawara-gaeshi  
  Rice Bag Reversal

- Daki-age  
  High Lift

- Obi-otoshi  
  Belt Drop

- Yama-arashi  
  Mountain Storm

- Daki-wakare  
  High Lift and Separate

- Hane-makikomi  
  Springing Body Wrap

- Uchi-mata-makikomi  
  Inner Thigh Wrap Around

- Uchi-mata-gaeshi  
  Inner Thigh Counter

- Hane-goshi-gaeshi  
  Springing Hip Counter

- Harai-goshi-gaeshi  
  Sweeping Hip Counter

- Ko-uchi-gaeshi  
  Minor Inner Reap Counter

- Kani-basami  
  Flying Scissors

- Kawazu-gake  
  One Leg Entanglement

BANNED THROW

- Kani-basami
- Kawazu-gake
**SPLIT BELT PROMOTIONS**

The kyu grade syllabus has been modified by Judo Canada to provide a different approach to learning the various techniques for junior-aged judoka and to standardize the requirements across Canada for full colour belts. The new syllabus provides for promotion to half-belts (i.e., white, white/yellow, yellow etc. as per diagram). They are meant to provide a physical, visible, acknowledgement of accomplishment and skill advancement.

In terms of equivalency for competition, the lower colour is considered the basis for grouping. i.e. white/yellow is considered white, yellow/orange is considered yellow, orange/green is considered orange etc.

In order to receive a promotion to the split colour belt, a judoka must meet all the class time commitments and fitness goals for their age as listed on the full colour belt requirements on the previous pages, as well as the techniques on the following pages.

*For example: a judoka testing for yellow/orange split belt must meet the orange belt class time and fitness goals for their age group as well as the techniques listed under yellow/orange belt requirements.*

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**Requirements for promotion to White/Yellow Belt**

**Nage-Waza - Throwing Techniques**

- O-soto-gari
  - Major Outer Reaping

- Ippon-seio-nage
  - One Arm Shoulder Throw

- O-uchi-gari
  - Major Inner Reaping

- Ko-uchi-gari
  - Minor Inner Reaping

---

**Osae-Waza - Holding Techniques**

- O-goshi
  - Major Hip Throw

- Kesa-gatame
  - Scarf Hold

- Yoko-shiho-gatame
  - Side 4 Quarters Hold
Requirements for promotion to Yellow/Orange Belt

Nage-Waza - Throwing Techniques

- Morote-seio-nage
  Two Arm Shoulder Throw

- Uki-goshi
  Floating Hip Throw

- Tsuri-goshi
  Lifting Hip Throw

- Koshi-guruma
  Hip Whirl

- Ko-uchi-gake
  Minor Inner Hook

Osae-Waza - Holding Techniques

- Kami-shiho-gatame
  Upper 4 Quarters Hold

- Tate-shiho-gatame
  Mounted Hold
**Requirements for promotion to Orange/Green Belt**

**Nage-Waza - Throwing Techniques**

- Harai-goshi
  - Sweeping Hip Throw

- Tani-otoshi
  - Valley Drop

- Sukui-nage
  - Scoop Throw

- Tomoe-nage
  - Circle Throw

- O-soto-guruma
  - Major Outer Wheel

**Osae-Waza - Holding Techniques**

- Kata-gatame
  - Shoulder Hold

- Ushiro-kesa-gatame
  - Reverse Scarf Hold
Requirements for promotion to Green/Blue Belt

**Nage-Waza - Throwing Techniques**

- **Uchi-mata**
  Inner Thigh Throw

- **Hane-goshi**
  Springing Hip Throw

- **Ushiro-goshi**
  Rear Hip Throw

- **Morote-gari**
  Two Handed Reaping

- **Sumi-gaeshi**
  Corner Reversal

- **Ashi-guruma**
  Foot Whirl

**Shime-Waza - Strangulations**

- **Sankaku-jime**
  Triangle Strangle

**Kansetsu-Waza - Joint Locks**

- **Hiza-gatame**
  Knee Arm Lock
Requirements for promotion to Blue/Brown Belt

Nage-Waza - Throwing Techniques

- Sumi-otoshi
  Corner Drop

- O-guruma
  Major Whirl

- Yoko-wakare
  Side Separation

- Yoko-otoshi
  Side-drop

- Harai-makikomi
  Sweeping Wrap Around

- Soto-makikomi
  Outside Body Wrap

Shime-Waza - Strangulations

- Koshi-jime
  Hip Strangle

Kansetsu-Waza - Joint Locks

- Hara-gatame
  Stomach Arm Lock
Class Times

<table>
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<tr>
<th>Class</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Beginner</td>
<td>Monday 6:00 – 6:45 p.m.</td>
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<tr>
<td>Youth</td>
<td>Tuesday 6:15 - 7:30 p.m.</td>
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<tr>
<td></td>
<td>Thursday 6:15 - 7:15 p.m.</td>
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<tr>
<td>Teen/Adult</td>
<td>Monday (High Performance U14+) 7:00–8:30 p.m.</td>
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<tr>
<td></td>
<td>Thursday (Competition/Randori U12+) 7:15 - 8:45 p.m.</td>
</tr>
<tr>
<td>Technical</td>
<td>Wednesday (Grading support for higher ranking belts 6:30 - 7:15 p.m.)</td>
</tr>
<tr>
<td>Kata</td>
<td>Wednesday 7:15 p.m.</td>
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