

***NATIONAL
KYU
GRADING
SYLLABUS***



Judo ranks and promotions

Judo's basis in oriental martial arts has established a hierarchy of a formally stratified ranking system related to achievement and skill levels. Canada's method of control is outlined in the following chart:

- (1) The National Grading Board must ratify all Black Belt ranks
- (2) The Provincial Grading Boards examine and recommend Dan promotions
- (3) The Club Grading Boards examine and promote to non-Black Belts ranks, as authorized by their Provincial Grading Boards.

Refer to the new Judo Canada Grading Syllabus for mudansha (p. 46).

PROMOTIONS

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

The Yudansha "dan" grades, Black Belts, are awarded according to the National Rules (Grading Syllabus), adapted from the Rules of the International Judo Federation, while the "colour" grades are given by the teachers, i.e. the technical director of a Dojo. This task requires a certain ability to judge and evaluate, proper performance.

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

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

- Physical fitness level
- Age
- Regular attendance at classes
- Frequency of classes per week
- Student-teacher ratio
- Facilities and equipment
- The natural disposition of the student

Nevertheless, certain minimum restrictions have been recommended in the following kyu syllabus.

JUDO RANKING

Grades in judo are a distinctive feature compared to most other sports. The head instructor of the dojo has the responsibility of awarding grades in the form of belts of different colours (mudansha). In certain cases a grading committee of the dojo may perform this function, but always under the supervision of the head instructor. The grade, whichever it is, is very important in the progress of a judoka. Therefore, this power granted to award grades should be regarded as a great responsibility. It is obvious that the head instructor or the dojo committee must show good sense and not allow themselves to be influenced by any outside factors.

Here is the list of the various ranks, and the corresponding belt colour, as it applies in Canada.

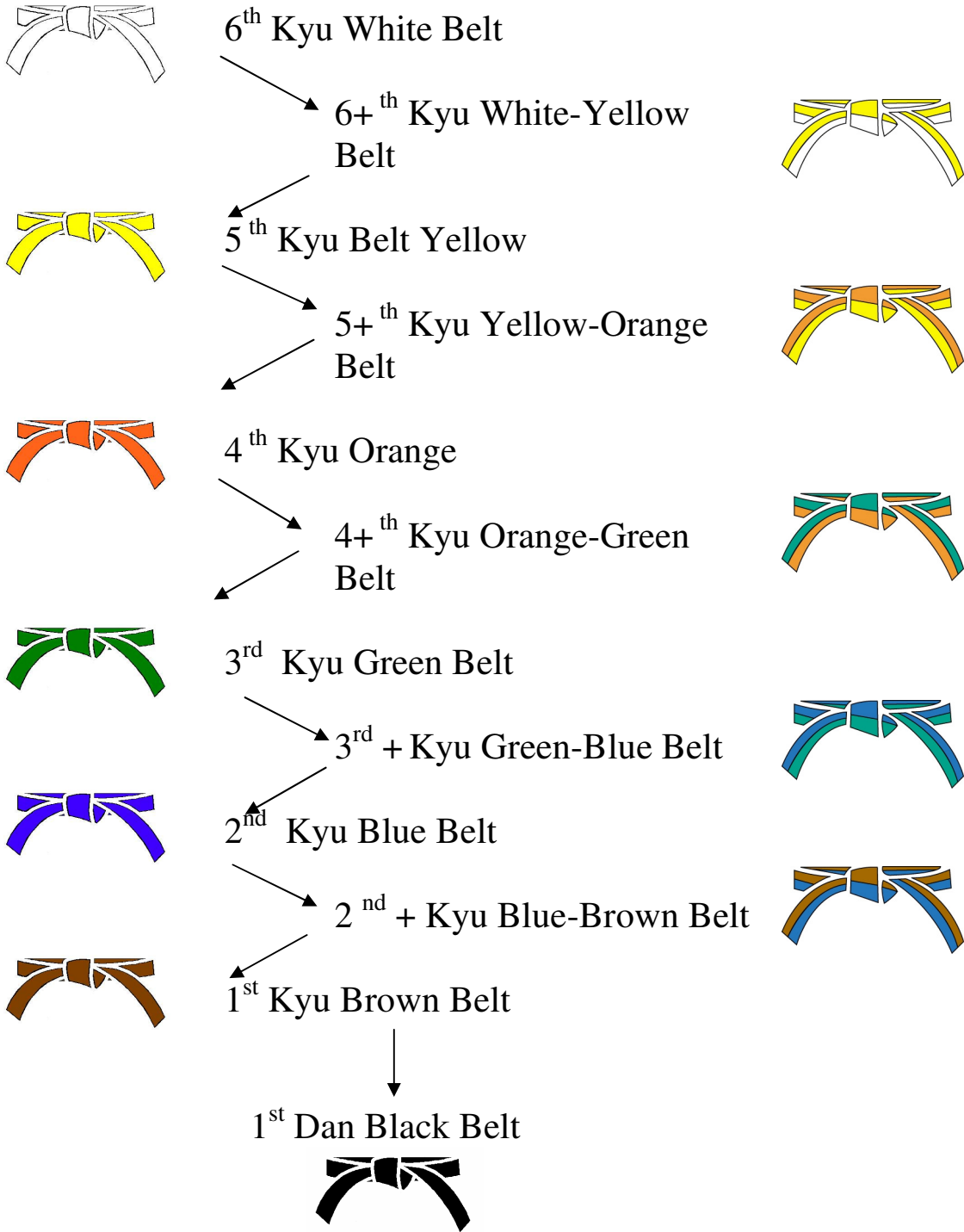
Dan Grades (Yudansha - black holders)

Shodan	1 st grade black belt
Nidan	2 nd grade black belt
Sandan	3 rd grade black belt
Yondan	4 th grade black belt
Godan	5 th grade black belt
Rokudan	6 th grade black or red and white belt
Shichidan	7 th grade black or red and white belt
Hachidan	8 th grade black or red and white belt
Kudan	9 th grade red or black belt
Judan	10 th grade red or black belt

Kyu grades (Mudansha - non-black belt holders - senior)

Rokkyu	6 th grade	white belt
Gokyu	5 th grade	yellow belt
Yonkyu	4 th grade	orange belt
Sankyu	3 rd grade	green belt
Nikyu	2 nd grade	blue belt
Ikkyu	1 st grade	brown belt

Junior Kyu Grade System (<16years old)



The kyu grade syllabus has been modified to provide a different approach to learning the various techniques for junior-aged judoka and to standardize the requirements across Canada. The new syllabus provides for 11 junior kyu levels based upon 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. It is also recommended that stripes be used as incentives between the various kyus. The techniques that are listed are mandatory for each FULL COLOUR BELT. They are presented in the form of what should be taught at the current level of grade. (I.e. under white belt, are listed the techniques that would be taught in order to progress to white/yellow and yellow belts.) For the half-belts the students are required to learn one-half of the techniques, as per the sensei's choice. This will allow some flexibility and better respond to the needs of the individual and group.

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.

Senior judoka should still follow the traditional 6-kyu system but are free to use the updated system.

The following is a list of competencies required at the various levels for all judoka up to the rank of brown belt. Observations of young Canadian judoka at National Championships suggest that there are different criteria applied in different parts of Canada when promotion for Kyu grades takes place.

This syllabus is based on the following traditional kyu promotion syllabi: Kodokan Go Kyo; French Federation of Judo; German Judo Federation; Scottish Judo Federation; Judo Quebec; Judo Canada NCCP curriculum; Pan American Judo Union; Judo Canada Long Term Development Model.

IT IS NOT EXPECTED NOR REQUIRED THAT YOUNGER JUDOKA WILL PERFORM THE TECHNIQUES TO THE SAME STANDARD OR LEVEL OF PROFICIENCY THAT WOULD BE REQUIRED OF AN OLDER JUDOKA.

FURTHERMORE, SOME TECHNIQUES HAVE BEEN IDENTIFIED AS "FORMS OF" WHICH WILL ALLOW THE SENSEI TO MAKE APPROPRIATE MODIFICATIONS TO TAKE INTO ACCOUNT AGE AND DEVELOPMENTAL CONCERNS OF HIS/HER ATHLETES

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. Start in the high position. Body must stay rigid at all times. Arms must bend to a minimum of 90 degrees angle.

Full: toes and hands are the points of support for the body during the whole test.

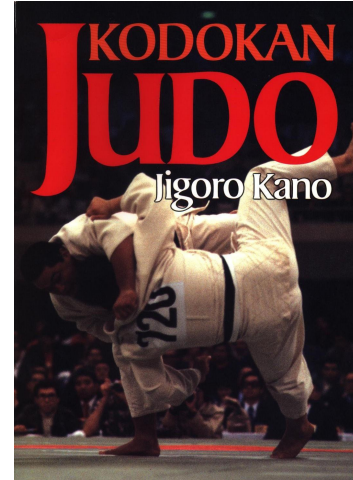
Half - hands and knees (legs bent at 90° and ankles crossed) are the points of support.

Modified Sit-ups – the starting position is on the back with legs bent at 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, the longer their apprenticeship time at one kyu level should be.

“Forms of” and **: Some techniques have been indicated as “forms of” or have been marked with an asterisk. “Forms of” means that variations best suited to the individual’s abilities or needs (due to size, age, developmental level, ethical, or safety concerns) will be encouraged. The asterisks indicate that a similar technique may have been attempted at a lower level. For example, the student has an option to learn either kosoto-gari or kosoto-gake at the white belt level. The other, not chosen at this level, will be required at the next kyu level.

Junior Kyu Grade Syllabus

6th Kyu



Nage-waza	- 9	9-12	13-16	17+
Osoto-otoshi	*	*	*	*
Osoto-gari	*	*	*	*
Uki-goshi (or o-goshi or tsuru-goshi) **	*	*	*	*
Ippon seio-nage	*	*	*	*
Deashi-barai	*	*	*	*
Tai-otoshi	*	*	*	*
Ouchi-gari	*	*	*	*
Kouchi-gari or kouchi-gake **	*	*	*	*
Kosoto-gake or kosotogari **	*	*	*	*

Ukemi				
Zempo-ukemi	*	*	*	*
Koho-ukemi	*	*	*	*
Yoko-ukemi	*	*	*	*
Zempo-kaiten	*	*	*	*

Ne-waza				
Kesa-gatame / kuzure-kesa-gatame	*	*	*	*
Yoko-shiho-gatame	*	*	*	*
Escapes from kesa-gatame	*	*	*	*
Escapes from yoko-shiho-gatame	*	*	*	*
Basic attack and defense	*	*	*	*

Other skills				
Shizen Hontai; Migi/Hidari Shizentai	*	*	*	*
Jigo Hontai:Migi/Hidari Jigotai	*	*	*	*
Tai-sabaki; Tsugi-ashi	*	*	*	*
Kumi-kata	*	*	*	*
Kuzushi	*	*	*	*
Tsukuri	*	*	*	*
Kake	*	*	*	*

Under 9 years old
Requirements for grading to the 5th kyu 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 uke 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)
- For grading to 5th kyu (yellow), the child must be a minimum of 6 years old.

9-12 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;
- 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 uke 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
Requirements for grading to the 5th kyu

- 8 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uke 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 60 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
Requirements for grading to the 5th kyu

- 9 of the specified 9 techniques performed in motion. Chosen goshi-waza must be performed to the right and left.
- Serving as uke 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

5th Kyu



Nage-waza	- 9	9-12	13-16	17+
Morote-seoi-nage	*	*	*	*
O-goshi or uki-goshi **	*	*	*	*
Tsuri-goshi **	*	*	*	*
Koshi-guruma (arm to shoulder blade)	*	*	*	*
Sode-tsuri-komi-goshi/ tsuri-komi-goshi	*	*	*	*
Sasae-tsuri-komi-ashi	*	*	*	*
Tsubame-gaeshi	*	*	*	*
Okuri-ashi-barai (form of)	*	*	*	*
Kosoto-gake/ kosoto-gari **	*	*	*	*
Kouchi-gari/ kouchi-gake **	*	*	*	*

Ukemi

Zempo-ukemi	*	*	*	*
Koho-ukemi	*	*	*	*
Yoko-ukemi	*	*	*	*
Zempo-kaiten	*	*	*	*

Ne-waza

Kami-shiho-gatame/ kuzure and escapes	*	*	*	*
Tate-shiho-gatame and escapes	*	*	*	*
Nami-juji-jime			*	*
Gyaku-juji-jime			*	*
Kata-juji-jime			*	*
Juji-gatame			*	*

Other skills

Ne-waza- attacking through legs	*	*	*	*
1 rollover with uke in prone position	*	*	*	*

Under 9 years

Requirements for grading to the 4th kyu 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
- **For grading to 4th kyu (orange), the child must be a minimum of 8 years old.**

9-12 years

Requirements for grading to the 4th kyu 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

Requirements for grading to the 4th kyu 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 and peers and respect of dojo rules. Knowledge of basic competition terminology.
- Fitness goals: 15 full push-ups; 30 sit-ups; 20 burpees in 1 minute

17 years and up

Requirements for grading to the 4th kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; of the 10 new nage-waza 10 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; 22 burpees in 1 minute
- 10 competition points

4th Kyu



Nage-waza	9-12	13-16	17+
Harai-goshi	*	*	*
Kata-guruma	*	*	*
Uki-otoshi	*	*	*
Tani-otoshi	*	*	*
Tsuri-komi-goshi /sode-tsuri-komi-goshi**	*	*	*
Hiza-guruma	*	*	*
Sukui-nage	*	*	*
Tomoe-nage	*	*	*
Uki-waza	*	*	*
Osoto-guruma	*	*	*

Ne-waza			
Kata-gatame	*	*	*
Ushiro-kesa-gatame		*	*
Hadaka-jime		*	*
Kata-ha-jime		*	*
Okuri-eri-jime		*	*
Sode-guruma-jime (form of)		*	*
Ude-garami		*	*
Ude hishigi ude gatame		*	*
Waki-gatame		*	*

Other skills			
Nage-no-kata – koshi-waza- Tori and Uke	*	*	*
Harai-goshi as a counter to osoto-gari	*	*	*
Tani-otoshi as a counter	*	*	*
Renraku-waza: ouchigari/seoi-nage	*	*	*
seoi-nage/kesa-gatame	*	*	*

9-12 years old

Requirements for grading to the 3rd kyu

- 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
- **For grading to 3rd kyu (Green), the child must be a minimum of 10 years old.**

12-16 years old

Requirements for grading to the 3rd kyu

- 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 nomenclature.
- 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; 22 burpees in 1 minute
- 10 competition points

17 and older

Requirements for grading to the 3rd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; of the 10 new nage-waza 10 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 and 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

3rd Kyu



Nage-waza	9-12	13-16	17+
Uchi-mata	*	*	*
Hane-goshi	*	*	*
Ushiro-goshi	*	*	*
Ashi-guruma	*	*	*
Harai-tsurikomi-ashi	*	*	*
Morote-gari	*	*	*
Hikkomi-gaeshi	*	*	*
Sumi-gaeshi	*	*	*
Kuchiki-taoshi	*	*	*
Kibisu-gaeshi	*	*	*
Ouchi-gaeshi	*	*	*

Ne-waza			
Ryote-jime		*	*
Tsukkomi-jime		*	*
Hiza-gatame		*	*
Sankaku-jime		*	*

Other skills			
Nage-no-kata – te-waza Tori and Uke	*	*	*
Nage-no-kata – koshi-waza Tori and Uke	*	*	*

12-16 years

Requirements for grading to the 2nd kyu

- 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.
- 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.
- 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 or 25 in 1 minute
- 10 competition points
- **For grading to 2nd kyu (Blue), the child must be a minimum of 12 years old.**

17 years and older

Requirements for grading to the 2nd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; of the 11 new nage-waza 11 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.
- 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. 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 and peers and respect of dojo rules.
- Fitness goals: 40 full push-ups; 50 sit-ups; 29 burpees 1 minute
- 10 competition points

2nd Kyu



Nage-waza	12-16	17+
Sumi-otoshi	*	*
O-guruma	*	*
Yoko-wakare	*	*
Yoko-gake	*	*
Yoko-otoshi	*	*
Yoko-guruma	*	*
Uchi-mata-sukashi	*	*
Harai-makikomi	*	*
Osoto-makikomi	*	*
Uchi-makikomi	*	*
Soto-makikomi	*	*

Ne-waza		
Koshi-jime	*	*
Hara-gatame	*	*

Other skills		
Nage-no-kata – te-waza Tori and Uke	*	*
Nage-no-kata – koshi-waza Tori and Uke	*	*
Nage-no-kata – ashi-waza Tori and Uke	*	*

Ages 12 – 16 years

Requirements for grading to the 1st kyu

- 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.
- Knowledge of Judo origin and history – basics - where, when, who, why, from what, Judo in Canada and Judo in the World. 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 or 27 in 1 minute
- 10 competition points
- **For grading to 1st kyu (Brown), the child must be a minimum of 14 years old.**

Ages 17 and over

Requirements for grading to the 1st kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; of the 11 new nage-waza 11 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

1st Kyu



Nage-waza	14-16	17+
Utsuri-goshi	*	*
Ura-nage	*	*
Tawara-gaeshi	*	*
Daki-age	*	*
Obi-otoshi	*	*
Yama-arashi	*	*
Daki-wakare	*	*
Hane-makikomi	*	*
Uchi-mata-makikomi	*	*
Uchi-mata-gaeshi	*	*
Hane-goshi-gaeshi	*	*
Harai-goshi-gaeshi	*	*
Kouchi-gaeshi	*	*

Other skills		
Nage-no-kata – te-waza Tori and Uke	*	*
Nage-no-kata – koshi-waza Tori and Uke	*	*
Nage-no-kata – ashi-waza Tori and Uke	*	*
Ju-no-kata – first set	*	*
Knowledge of prohibited throws: Kani-basami Kawazu-gake	*	*

Requirements for a 1st Dan Grading

As per Judo Canada Dan Grading Syllabus