

# Kawasaki Rendokan Judo Academy

## Grading Guidelines

### **Grading for half yellow Guidelines**

20-30 attendances.

Demonstrate 3-5 yellow belt throws.

Demonstrate 1-3 hold down.

Execute all breakfalls focusing on mae Mawari (aka Zempo Kaiten) Ukemi.

Ushiro or koho Ukemi seated on the tatami and from a squat position

Yoko or sokuho (side) breakfalls lying down focusing on head up position and legs NOT crossed, with 45 degree angle for slapping the tatami.

One or two osae waza (hold downs) Kesa gatame; yoko shiho gatame (may accept mune gatame).

### **Yellow Belt. Successful Candidates must register with JUDO ONTARIO.**

Approximately 40-50 practice days showing regular attendance.

Children and Adults.

Children must be able to tie their own belt (obi) correctly.

Demonstrate higher level of Ukemi. (over horse and cylinder

Be able to demonstrate 6 of 8 standing waza (techniques)

Be able to demonstrate 3-4 osae waza (hold-downs)

Adults to demonstrate 1 choke and 1 armlock (shime waza; kansetsu waza respectively).

Yellow Belts once received must be prepared to register with JUDO ONTARIO/JUDO CANADA online through trackie app.

**Half Orange belt for juniors only up to age 12/ Full Orange belt** (senior and advanced juniors)

Approximately 60 practice days from last promotion.

Demonstrate higher level of Ukemi. (mae Mawari over several students or several cylinders.

Demonstrate 3 YELLOW BELT THROWS; 3 orange belt throws.

Be able to demonstrate 3 hold-downs. And 3 basic escapes. (as per Katame No Kata).

Full orange belts must be able to demonstrate 6 yellow belt throws and 5 orange belt throws.

Demonstrate 4 hold-downs and escapes.

Adults: demonstrate 3 chokes and 3 armlocks.

And demonstrate yaku soku geiko (light free practice) demonstrating various throws and hold-downs without resistance. Duration of about 1-2 minutes.

Participate in 3 tournaments. Tomodachi; Asahi, Tora, Northern, Thunder Bay, Ontario Open, Quebec Open.

### **Half Green / Green Minimum age: 13**

Approximately 100 practice days from orange belt

Demonstrate higher level of Ukemi. (uke for nage no kata).

3 yellow belt throws; 3 orange belt throws; all green belt throws.

Plus 3 sets of Nage No Kata. Minimum age: 10 for green belt.

4 chokes

3 armlocks

5 hold-downs

Combination (renraku waza) demonstrate at least 3 combinations.

Demonstrate full control of Ukemi.

Demonstrate higher level of randori without resistance.

Participate in 5 tournaments

3 escapes from hold-down

Demonstrate at least 3 sets of Nage No Kata as tori.

**Half blue / full blue belt Minimum age 14**

Approximately 120 practice days from Green belt

Must show higher level of Ukemi.

2 yellow belt throws

2 orange belt throws

2 green belt throws

All Blue belt throws

3 sets of Nage No Kata both tori and uke

4 chokes

4 armlocks

2 escapes from hold-downs

2 minutes randori showing combinations, counters and transition to ground.

Participate in 5 tournaments

**Brown belt minimum age 14**

Approximately 160 practice days from blue belt.

3 yellow belt throws

3 orange belt throws

3 green belt throws

4 blue belt throws

ALL Brown belt throws

5 chokes; 5 armlocks

5 sets of Nage No Kata

1<sup>st</sup> set of Katame No Kata (hold-downs)

\*Assist during 6-7 junior class. Monday, Wednesday or Saturday

**Black belt candidates. Judo Canada standards required: (found on Judo Canada web site.**

180 practice days from brown belt. Assisting with junior classes.

Review and know entire gokyo and begin studying various exams as warranted by Judo Canada.

**Must willingly assist Saturday and Mondays and Wednesdays, if possible, in the Junior class (start time: 6pm); Saturday mornings.**

**100 volunteer hours must be logged. (as assistant instructor helper).**

Demonstrate complete Nage No Kata and compete in at least 5 tournaments as a brown belt. (Non competitive points). Those who have over 200 points need only 120 points or more.

Participate in 2-3 Clinics either Kata or Competitive.

Participate in 3 or more competitions either Kata or Shiai.

ALL Yudansha (blackbelt) candidates must be recommended by Kawasaki sensei.

ALL blackbelt candidates must have a designated Uke in preparation for grading.

I appreciate everything that you do as a volunteer, and you should be proud to contribute to a winning TEAM!

Thankyou for helping to keep my father's memory alive.

We are Kawasaki Rendokan Judo Academy.

Kawasaki sensei