Outline

Key topics

- Long Term Development poster
- Safe warm up poster
- Kyu Grading Syllabus
- Nage-waza & Ne-waza posters
- Grading exam tool
- After-school program
- Intro to judo booklet
• Webinar recorded *(available on Dailymotion)*
• All participants will be muted
• Presentation available on the Judo Canada website
• 1 poster for each club affiliated will be sent through the first mailing of the season. If you wish to have more than one, please send us an email: *ec.leroux@judocanada.org*
• Please verify that your address registered in Trackie is correct.
• By clicking on this logo ⬇️ you will have direct access to the requested poster/document.
• All the information/document can be found on the Judo Canada website: *https://judocanada.org/toolbox-for-clubs/"*
Emphasizing the entire spectrum of what judo is in Canada

Old version created a lot of confusion. Better display of where an athlete should be based on his age and level

The athlete development matrix is only part of the LTD model.

Not just about athletic development of high performance but the entire system of judo
Safe warm up poster

- Inspired by Judo Canada medical team and research done by FIFA to reduce the number of injuries.

- Presents the principal phases to consider when planning a warm up.

- To ensure the proper activation of the body, it is recommended to follow the order of the categories outlined in the poster.

- The presented exercises have been identified to help prevent common judo injuries.
Main changes were made on the requirements at each full grade

For the techniques, compared to the previous version, a reassessment and a rearrangement was made between belts

Introduction of the "Fast track vs Standard track" grade promotion
Based on the new Kyu Grading Syllabus

Nage-waza: 8 techniques per belts

Ne-waza:
- The main techniques are presented (no transitions or escapes)
- Only Osaekomi-waza for the Yellow and Orange belts. Shime-waza and Kantetsu-waza starting Green belt.
Grading exam tool

### Grading Requirements

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<th>Requirement</th>
<th>Points</th>
<th>Total</th>
<th>%</th>
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<tbody>
<tr>
<td>Judo stance</td>
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<tr>
<td>Front step</td>
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<tr>
<td>Back step</td>
<td>2</td>
<td>2</td>
<td>100%</td>
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<tr>
<td>Half-moon step</td>
<td>2</td>
<td>2</td>
<td>100%</td>
</tr>
<tr>
<td>Total</td>
<td>8</td>
<td>8</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Total Score:** 80%
Introduction of judo in the school environment through an After-School Judo Program (ASJP)

Implementing an ASJP can be a difficult task if not prepared thoroughly. The success of such program is a combination of various factors.

All the steps to follow are presented in order to have the best possible chance for success.

This guide purpose is not to present the content of the judo lesson given once the program is in place.
Intro to judo

What is Judo?
The founder of judo, Jigoro Kano, founded the system in Tokyo in 1882 to teach judo as a martial art. He then set out to educate people worldwide in the benefits of judo for everyone, for life. Judo has evolved and developed into an Olympic sport. It provides a large number of Canadians of all ages with a form of physical exercise and mental approach for recreation and enriching their lives.

Getting Started

Yellow Belt Requirements

What is JUDOKA?

Judo Terminology

Order form:

https://judocanada.org/order-form-bon-de-commande/
QUESTIONS?
WEBINARS
Soon

26 / 09
Concussion protocol

TBD / AD
LTD Model
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Thank you!