

## Specialty Badge: Judo



**The requirement would be to attend 12 lessons.**

And to accomplish a level of competence set out for the level.

Your competence will depend upon you own starting level.

Thus a beginner or a blue belt may both receive the Merit Badge for their participation.

Level	Belt	Grade to	Set Objectives <b>Everyone to know the Judo Sport Rules.</b>
Beginner	<b>White</b>	Yellow or 3 yellow stripes	Learn <ul style="list-style-type: none"> <li>- rolling break falls: left and right</li> <li>- advanced break fall</li> <li>- four hold downs</li> <li>- eight throws: demonstrate four with competence</li> <li>- two chokes: demonstrate with competence</li> <li>- one arm lock: demonstrate with competence</li> <li>- know basic Japanese Judo terms</li> </ul>
Previous experience	<b>Yellow</b>	2 or 3 orange stripes	<ul style="list-style-type: none"> <li>- advanced past white belt competence</li> <li>- good rolling break falls: left and right</li> <li>- advanced break fall: left and right</li> <li>- four hold downs: each with variation</li> <li>- 16 throws: demonstrate four orange level with competence</li> <li>- three chokes: demonstrate with competence</li> <li>- two arm locks: demonstrate with competence</li> <li>- Know more Japanese Judo terms.</li> </ul>
Advanced experience	<b>Orange</b>	1 or 2 green stripes	<ul style="list-style-type: none"> <li>- advanced past yellow belt competence</li> <li>- good rolling break falls: left and right</li> <li>- advanced break fall: left and right</li> <li>- reverse break fall with roll over</li> <li>- five hold downs: each with variation</li> <li>- 20 throws: demonstrate four orange level with competence</li> <li>- three chokes : demonstrate with competence One choke from a rollover.</li> <li>- two arm locks: demonstrate with competence one arm lock from a rollover</li> <li>- Know Japanese Judo terms and contest scoring.</li> </ul>
Advanced	<b>Green</b>	1 or 2 blue stripes	<ul style="list-style-type: none"> <li>- advanced past orange belt competence</li> <li>- good rolling break falls: left and right</li> <li>- advanced break fall: left and right</li> <li>- reverse break fall with roll over</li> <li>- forward break fall</li> <li>- five hold downs: each with variation</li> <li>- 24 throws: demonstrate four green level with competence</li> <li>- four chokes : demonstrate with competence</li> <li>- two arm locks: demonstrate with competence one arm lock from a rollover</li> <li>- Know Japanese Judo terms and contest scoring</li> <li>- good stand up posture and technique</li> </ul>

Advanced	<b>Blue</b>	1 or 2 brown stripes	<ul style="list-style-type: none"> <li>- advanced past green belt competence</li> <li>- good rolling break falls: left and right</li> <li>- advanced break fall: left and right</li> <li>- reverse break fall with roll over</li> <li>- forward break fall</li> <li>- five hold downs: each with variation</li> <li>- 30 throws: demonstrate four blue level with competence</li> <li>- five chokes : demonstrate with competence Two chokes from a rollover.</li> <li>- two arm locks: demonstrate with competence</li> <li>- Know Japanese Judo terms and contest scoring</li> <li>- good stand up posture and technique</li> <li>- good balance</li> <li>- fluid ground work techniques.</li> </ul>
Advanced	<b>Brown</b>	-	To be discussed with the player.

### **Instruction**

All lessons to be taught by registered Ontario/Canadian Black Belt Instructors.

All instructors will have NCCP (National Coaching Certification Program) training.

### **Consulting and Head Sensei of Club Olympia is Mr. Wayne Erdman, 6<sup>th</sup> Dan:**

Olympian, PanAm Champion, 5 years Canadian Champion, 7 yr Canadian Team Coach,  
Canadian Judo Hall of Fame: Player, NCCP course consultant, Ontario Black Belt Grading  
Board past member.

### **Equipment requirement**

- Bring a bottle of water.
- Uniforms ( Judo Gi) owned by the participant is best.
  - + First two lessons will only require “old” and loose cotton top with sleeves and track pants with no buttons and no zippers.
  - + Sixth lesson and after: Some Gi (uniform) tops can be loaned during the lesson time.
- Footwear: Wear slippers or socks to and from the dressing room to the mat area.
- Bag to store street cloths in. Street boots at the entrance door designated area.

### **Cost**

Lessons can be paid for by the week at \$5.00 each.

**Registered Scout and a friend pay for 12 lesson total single payment of \$36.00.**

Non-scouts required to join Scouting or Judo Ontario Membership prior to participating.

Need class of 8 to 10. May have class sessions that can be joined.

**Scout Leaders : Free with their Scouts**

**Location** — will depend upon the dates and times requested/available.

Olympia Judo Club, Corner of Francis St. and Charles St. (Lang Building),  
Third Floor, (519)578-4808

or

Waterloo Judo Club, 65 Noeker St. Waterloo or Erbsville Community Centre.

### **Contact Co-ordinator**

Scouter and Sensei Mr. Ed Spike, [VE3TCK@rac.ca](mailto:VE3TCK@rac.ca), (519) 884-2129

