Judo and Belt Grade - Adult

Belt Grading Process

Regular training, knowledge & daily discipline of Judo
Technique assessment by Sensei according to the belt colour
Participation to the domestic competition, mandatory to over Green Belt

Judo discipline has been conceived by its founder, Jigoro Kano, as a physical and mental education system by practice. The grades are the measure of the student's progress. This progress is in the field of judo, but the more one advances in the grade, the more this measure takes into account the individual's personal evolution as a human being.

The three components for all grades are:

1) **Shin (the mind)** – the individual's engagement and example as a role model. Daily manner before, during, and after the training, inside and outside tatami.

   Politeness - behaviour that is respectful and considerate of other people
   Sincerity - the absence of pretence, deceit or hypocrisy
   Modesty - the quality or state of being unassuming in the estimation of one's abilities
   Self-Control - the ability to control oneself, in particular one's emotions and desires, especially in difficult situations
   Courage - strength in the face of pain, fear or grief
   Honour - the quality of knowing and doing what is morally right
   Respect - due regard for the feelings, wishes, or rights of others
   Friendship - a relationship between friends

2) **Ghi (the survey, work)** – the individual's technical knowledge. Continuous regular training and technical achievement.

3) **Tai(the body)** – the assessment of the individual by daily effort. Participation in the domestic competition.

BASIC KNOWLEDGE REQUIREMENTS

The following are considered as the basic requirements for knowledge in Judo:

Beginner

- Dojo hygiene and etiquette, preparation to the class
- Dojo rules
- Wearing and folding of the judogi
- The forms of sitting and salutation
- The purpose of warming up and cooling down exercises
- The purpose of Ukemi
- Elementary Judo terminology (words)
- Cleaning up dojo

Advanced

- Name of the Great Shihan (founder) of Judo, the portrait photography at dojo
- Name of the Mother School
- Location and the start date for Judo
- Judo terminology (words)

Website for History & Knowledge & Techniques
https://kdkjd.org - English page
https://judo.ijf.org/classification
https://www.ijf.org