

At Canterbury Judokwai, we have established the following guidance to contribute to the safe, healthy, and caring environment on which the club delivers Judo for all.

Note: Ages are only a guide, other factors will be taken into consideration, the ultimate decisions will be undertaken by the relevant coaches.

1st Mat (Age from 5, to 8)

Children are welcome to commence their Judo journey, at age 5, however they must be able to understand and receive instruction, they will be assessed by the Coach. Those not deemed ready will be asked to postpone joining the mat for 3-6 months for the benefit of both the child and others on the mat. Generally, a child will move to the 2nd mat when aged around 8 years old (See 1st Mat to 2nd Mat Transition details below).

2nd Mat (Age from 8, to 16)

Players transitioning from the 1st mat will be required to have reached a certain level of competency for them to fully participate and benefit from the more advanced coaching on this mat.

1st Mat to 2nd Mat Transition

Transition from the 1st mat to the 2nd mat will be based on several factors which include age, ability, physical size, behaviour, and the coaches discretion. Additionally, to fully benefit from the more advanced coaching, they will be required to understand the following terminology and be able to understand and perform the following techniques:

- Terminology: Rei, Hajime, Matte, Sore-made, Osaе-komi, Toketa, Dojo, Judogi, Randori, Uchikomi.
- Tachi-waza: All variations of Ukemi, Osoto-Otoshi, Osoto-Gari, O-Goshi, Uki-Goshi, Tai-Otoshi, Koshi-Guruma, Ippon-Seoi-Nage.
- Ne-waza: Kesa-Gatame, Mune-Gatame, Kuzure-Kesa-Gatame, Escape from Kesa-Gatame, Turnover into Hold down.

Note: the transition will only be made when the child feels confident and comfortable with the transition.

3rd- Senior Mat (Age from 14- onward at the discretion of the club coaches).

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