

Ninja Academy®

Judo Shiai & Festival



We are pleased to invite you to register for the upcoming Judo Shiai & Festival happening on Sunday December 10th, 2023 at the [Peterborough Sport and Wellness Centre](#) starting at 9am. The tournament is open to anyone under 16 years old who is a registered member with Judo Ontario. The Shiai portion of the tournament is open to anyone yellow belt and higher and at least turns 8 before December 31st 2024, the festival portion is open to any age or level Judoka.

Judo Tournament Shiai

This portion of the event is for competitors considered yellow belt and higher and who will at least turn 8 before December 31st 2024. Shiai competitors will be permitted to partake in some additional festival activities as well (excluding the Ukemi competition). Weight categories will be organized as per the [Tournament Standards](#) set forth by Judo Ontario for each age category.

Judo Festival Events

Open to any level competitor who would like to test their skills at Ukemi Competition, racing, lifting, ebi (shrimp) races, calisthenic competition (push-ups, sit-ups, burpees), endurance challenges, and more.

Event Itinerary (Sunday December 10th)

9am – Ukemi Competition* begins (Festival athletes only), weigh-in opens for Shiai competitors

10am – Weigh-in closes and Ukemi competition is complete, mats open for Shiai warm-up

10:15 – Welcome and Announcements

10:20 – Judo Shiai begins and other Festival Activities are happening outside the mat area

Registration

Please register on the ninja academy website www.ninjaacademy.ca as there are a limited number of spots based on the Sanctioned Class of the tournament.

The ***Ukemi Competition** will start with a demonstration of techniques and evaluates the following skills from each position (sitting, seiza (kiza), sonkyo, standing):

Mai Ukemi: forward breakfall without knees or torso touching the ground

Ushiro Ukemi: to the back breakfall onto the shoulders

Koho Ukemi: backwards ukemi over each shoulder

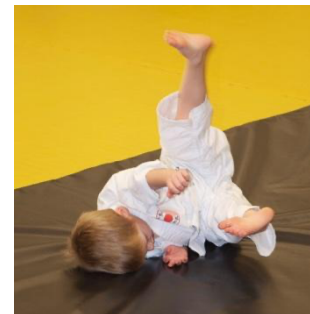
Yoko Ukemi: side breakfall with leg in front or behind

Zenpo: forward summersault

Zempo Kaiten: forward roll over shoulder from kneeling

Mae mawari ukemi: forward roll from standing

Uke Demonstration: receive throws according to the rank of competitor



Please note: all ukemi will be evaluated based on protection of head, face and body from impact as well as hand positioning in ukemi, avoiding landing on elbows and bare hands, positioning of feet on rolling ukemi, and use of core strength to control body.

For any questions please contact Tournament Director Paul Teleki at 705-977-0583