



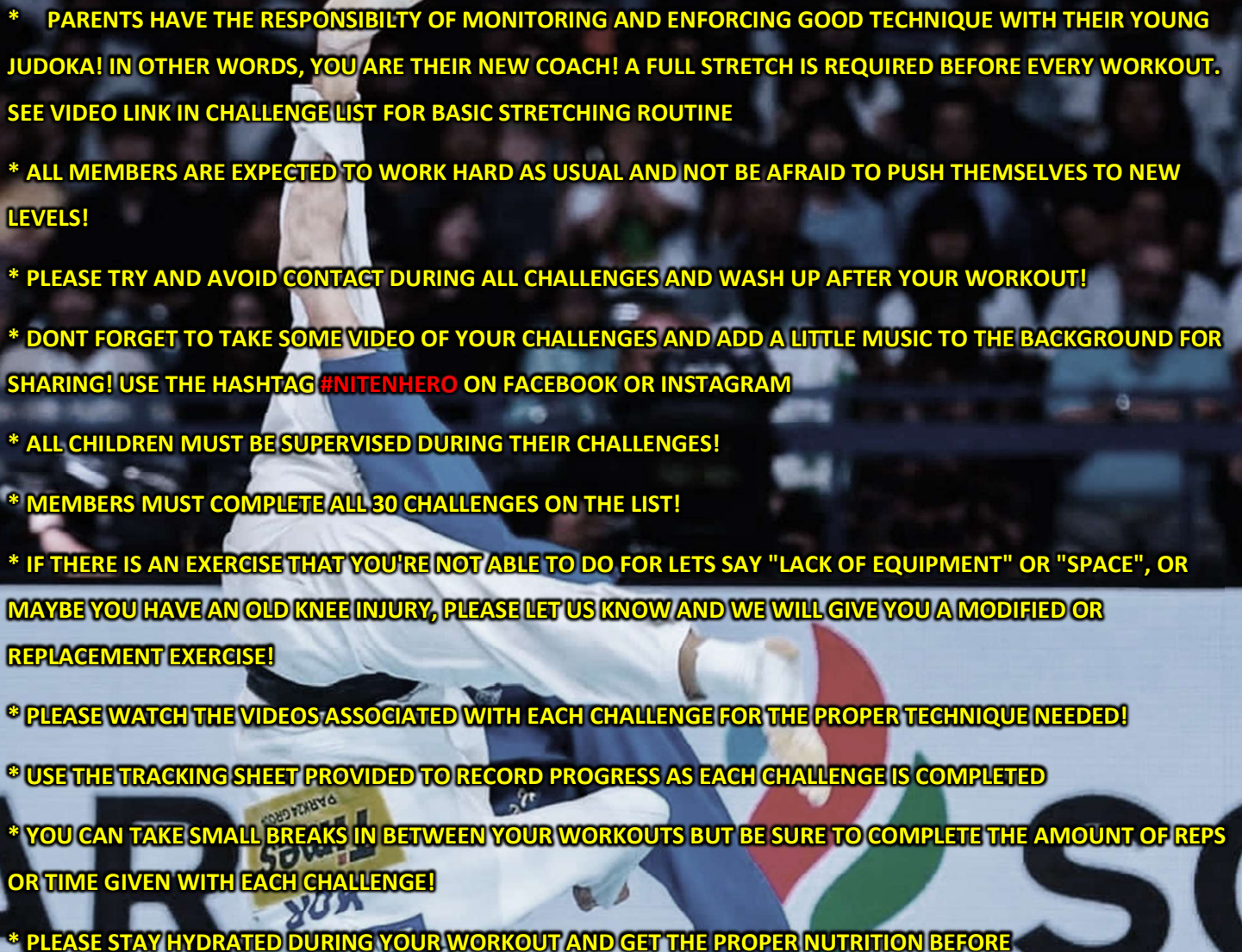
# NI•TEN HERO

## NITENJUDO RULES AND REGULATIONS

I KNOW WE ALL HATE READING BUT...

PLEASE TAKE 5 MINUTES AND FAMILIARIZE YOURSELF WITH THE LIST.

\*\*\* IN THE EVENT THAT JUDO IS OVER UNTIL SEPTEMBER \*\*\* THIS IS THE TIME OF YEAR WE START WORKING ON GRADING FOR OUR MEMBERS WHO HAVE BEEN WORKING SO HARD WEEK IN AND WEEK OUT! ALL MEMBERS MUST COMPLETE THE LIST TO BE *CONSIDERED* FOR THEIR NEXT GRADING. IF ACCEPTED AND APPROVED BY SENSEI JOSH YOU WILL BE SENT YOUR NEW BELT AND GRADING CERTIFICATE! COST WILL ONLY BE \$20 PER MEMBER TO COVER THE COST OF YOUR BELT AND CERTIFICATE!

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- \* PARENTS HAVE THE RESPONSIBILITY OF MONITORING AND ENFORCING GOOD TECHNIQUE WITH THEIR YOUNG JUDOKA! IN OTHER WORDS, YOU ARE THEIR NEW COACH! A FULL STRETCH IS REQUIRED BEFORE EVERY WORKOUT. SEE VIDEO LINK IN CHALLENGE LIST FOR BASIC STRETCHING ROUTINE
  - \* ALL MEMBERS ARE EXPECTED TO WORK HARD AS USUAL AND NOT BE AFRAID TO PUSH THEMSELVES TO NEW LEVELS!
  - \* PLEASE TRY AND AVOID CONTACT DURING ALL CHALLENGES AND WASH UP AFTER YOUR WORKOUT!
  - \* DONT FORGET TO TAKE SOME VIDEO OF YOUR CHALLENGES AND ADD A LITTLE MUSIC TO THE BACKGROUND FOR SHARING! USE THE HASHTAG #NITENHERO ON FACEBOOK OR INSTAGRAM
  - \* ALL CHILDREN MUST BE SUPERVISED DURING THEIR CHALLENGES!
  - \* MEMBERS MUST COMPLETE ALL 30 CHALLENGES ON THE LIST!
  - \* IF THERE IS AN EXERCISE THAT YOU'RE NOT ABLE TO DO FOR LETS SAY "LACK OF EQUIPMENT" OR "SPACE", OR MAYBE YOU HAVE AN OLD KNEE INJURY, PLEASE LET US KNOW AND WE WILL GIVE YOU A MODIFIED OR REPLACEMENT EXERCISE!
  - \* PLEASE WATCH THE VIDEOS ASSOCIATED WITH EACH CHALLENGE FOR THE PROPER TECHNIQUE NEEDED!
  - \* USE THE TRACKING SHEET PROVIDED TO RECORD PROGRESS AS EACH CHALLENGE IS COMPLETED
  - \* YOU CAN TAKE SMALL BREAKS IN BETWEEN YOUR WORKOUTS BUT BE SURE TO COMPLETE THE AMOUNT OF REPS OR TIME GIVEN WITH EACH CHALLENGE!
  - \* PLEASE STAY HYDRATED DURING YOUR WORKOUT AND GET THE PROPER NUTRITION BEFORE



**NITEN JUDO**

# NI • TEN HERO CHALLENGES 1-5



\*\*\* PRE WORKOUT STRETCH DAILY \*\*\* [VIDEO](#)

\* MEMBERS MUST DO 10 MINUTES OF STRETCHING BEFORE ANY ACTIVITY.

## 1. STAIR MASTER: [VIDEO](#)



\* MEMBERS MUST DO **ALTERNATING** SPLIT SQUATS USING THE FIRST STEP OF THEIR STAIRS.

\* MUST BE DONE INSIDE ONLY!

\* FEET MUST FIT FULLY ON STEP / CHEST UP, BENDING AT THE KNEE AND NOT WAIST

\* PRE JUDO 10 REPS EACH LEG / JUNIORS 40 REPS EACH LEG / SENIORS 60 REPS EACH LEG

## 2. EARTH QUAKE: [VIDEO](#)



\* MEMBERS WILL HOLD THE PLANK POSITION AS PARENTS STACK FOLDED CLOTHING ON THEIR BACK EVERY 10 SECONDS. IF YOU FALL OR THE FABRIC TOWER FALLS OVER YOU START OVER!

\* CAN USE TOWELS, PANTS, HOODIES, ETC (ALL FOLDED IN SQUARE SHAPE TO FIT ON BACK)

\* PRE JUDO 5 MIN / JUNIORS 10 MIN / SENIORS 15 MIN (ADD UP TIME BETWEEN FALLS)



## 3. ROCKY MODE: [VIDEO](#)

\* GOOD OLD FASHION RUN FOR 30 MIN.

\* DRESS WARMELY AND PROPERLY, RUN MUST BE SUPERVISED & APPROVED BY PARENT

\* DUSTY TREADMILL / ELLIPTICAL IS ACCEPTABLE.

\* PRE JUDO 10 MIN / JUNIORS 20 MIN / SENIORS 30 MIN



## 4. BICEP BLASTER: [VIDEO](#)

\* CHILDREN MUST BE SUPERVISED BY PARENT

\* ALTERNATING HAMMER CURLS PLAYING TO YOUR FAVOURITE SONGS. 5 MINUTES TOTAL!

\* DUMBELLS REQUIRED PRE JUDO 2-5LBS / JUNIORS 5-10LBS / SENIORS 10LBS +

## 5. WALL STREET: [VIDEO](#)



\* BUM PARALLEL TO KNEES

\* ARMS HELD STRAIGHT OUT INFRONT

\* PRE JUDO 5 MIN / JUNIORS 10 MIN / SENIORS 15 MIN

# NI•TEN HERO CHALLENGES 6•11



## 6. MR CLEAN: [VIDEO](#)

\* CHILDREN MUST COMPLETE A TOTAL OF 10 CHORES CHOSEN BY THEIR PARENTS. DISCIPLINE IS A LARGE PART OF JUDO AND IMPORTANT FOR THE DEVELOPMENT OF OUR YOUNG JUDOKA!

\* SENIOR MEMBERS WILL CHOOSE A HOME PROJECT TO TACKLE. MAYBE YOU'LL FINALLY GET TO CLEARING OUT YOUR BASEMENT, OR REARRANGING A BEDROOM!



## 7. JELLY BELLY: [VIDEO](#)

\* FOLD YOUR JUDO GI & BELT INTO A SOLID BALL AND PASS BACK AND FORTH USING YOUR FEET AND HANDS, KEEPING YOUR LEGS AND ARMS STRAIGHT AND CORE STRONG!

\* PRE JUDO 10 PASSES / JUNIORS 20 PASSES / SENIORS 40 PASSES



## 8. PUSHUP STACKER: [VIDEO](#)

\* MEMBERS MUST DO PUSHUPS WHILE MOVING A SOLID OBJECT FROM ONE SIDE TO ANOTHER ONCE THEY ARE ELEVATED!

\* PRE JUDO 10 / JUNIORS 20 / SENIORS 40



## 9. KARATE KID: [VIDEO](#)

\* HOLD CRANE POSITION FOR A TOTAL OF 5 MINUTES ON EACH LEG!



## 10. BEAR CLAW: [VIDEO](#)

\* KIDS - PARENTS HIDE AND CHILD MUST FIND THEM ONLY BEING ABLE TO BEAR CRAWL, IF THEY TOUCH THEIR KNEES BEFORE FINDING THEIR PARENT... THEY ARE OUT!

\* SENIORS - BEAR CRAWL FROM DOOR TO DOOR FOR A TOTAL OF 20 DOOR TOUCHES!



## 11. SENSEI KANO: [WEBSITE](#)

\* MEMBERS WILL REVIEW AND STUDY THE JUDO CONTENT ON WIKIPEDIA!

\* PRE JUDO JUDOKA WILL WORK ALONG SIDE THEIR PARENTS AND JUNIORS MUST BE SUPERVISED.

\* ALL CONTENTS MUST BE READ & STUDIED. PARENTS ARE TO ASK THEIR KIDS QUESTIONS ABOUT THE MATERIAL READ. THE FINAL QUESTIONS TO BE ANSWERED ARE ON THE TRACKING SHEET.



# NITEN HERO

## CHALLENGES 12-17



### 12. IRON GRIP: [VIDEO](#)

\* PRE JUDO KIDS MUST BE ASSISTED THE WHOLE TIME WITH THE GI HANGING ON A DOOR LIKE IN THE IMAGE ON THE RIGHT

\* JUNIORS AND SENIORS WILL NEED A STURDY FRAME TO SUPPORT WEIGHT LIKE IN THE VIDEO

\* ALL CHILDREN MUST BE SUPERVISED

\* PRE JUDO 10 REPS / JUNIORS 20 REPS / SENIORS 30 REPS



### 13. SEOI NAGE: [VIDEO](#)

\* WILL NEED A PARENT OR **STURDY ANCHOR POINT** TO TIE THE END OF YOUR BELT TOO!

\* YOU WILL TURN IN FOR IPPON SEOI NAGE KEEPING YOUR FEET SHOULDER WIDTH APART, CHEST UP WITH A SLIGHT BEND OF THE KNEES!

\* PRE JUDO 40 TURN INS / JUNIORS 200 TURN INS / SENIORS 200 TURN INS



### 14. JACKET ON JACKET OFF: [VIDEO](#)

\* EACH MEMBER WILL SWING THEIR JUDO GI ON TO THEIR BACK, THEN TAKE IT OFF HANGING IT ON A HANGING HOOK, THEN PUT IT ON AND SO ON... WATCH THE VIDEO ;)

\* PRE JUDO 20X / JUNIORS & SENIORS 50X



### 15. RED BELT: [VIDEO](#)

\* FOR MEMBERS STILL LEARNING HOW TO TIE THEIR BELT. MEMBERS WILL TIE THEIR BELT REPEDETELY FOR A TOTAL OF 1HR!

\* FOR MORE SENIOR MEMBERS, LEARN TWO NEW WAYS TO TIE YOUR BELT AND PRACTICE EACH NEW WAY 10X FOR A TOTAL OF 20X

二 柔  
天 道

### 16. KANJI:

\* DO YOUR BEST AT WRITING "NI-TEN" AND "JUDO" (IMAGES ON THE LEFT) ON YOUR TRACKING SHEET

### 17. MOM'S ORDERS: [VIDEO](#)

\* MEMBER MUST FOLD THEIR GI UP INTO A BUNDLE ALONG WITH BELT FOR A TOTAL OF 10X LIKE IN THE IMAGE ON THE RIGHT



# NI•TEN HERO

## CHALLENGES 18•24



### 18. CHEAT MEAL: [VIDEO](#)

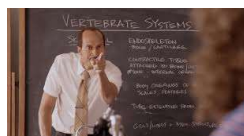
\* YOU ALL HAVE BEEN WORKING HARD, TAKE ANY CHALLENGE OFF THE LIST EXCEPT FOR #11 SENSEI KANO



### 19. HAPPY FEET: [VIDEO](#)

\* MAKE A RECTANGLE PATTERN WITH 6 PIECES OF TAPE AND WORK ON ALL 3 FOOT PATTERNS SHOWN IN VIDEO!

\* PRE JUDO 50X / JUNIORS & SENIORS 200X



### 20. SENSEI QUOTES

\* EMAIL US 3 OF SENSEI JOSH'S FAVORITE CLASS TIME QUOTES!



### 21. BOULDER SHOULDERS: [VIDEO](#)

\*\*\* CHILDREN MUST BE SUPERVISED \*\*\*

\* **DUMBELLS REQUIRED** (PRE JUDO 2-5LBS) (JUNIORS 5-10LBS) (SENIORS 10LBS +)

\* SHOULDER PRESS TO YOUR FAVORITE SONGS!

\* PRE JUDO 5 MIN / JUNIORS 10MIN / SENIORS 15 MIN



### 22. BURPEE MANIA: [VIDEO](#)

\* JUNIORS WILL DO 1 BURPEE EVERY TIME YOU (THE PARENT) SAY THEIR NAME!

\* THIS WILL BE A 1 DAY LONG EVENT!

\* SENIORS WILL DO 10 BURPEES EVERY HOUR FROM THE TIME THEY WAKE UP UNTIL BED TIME!



### 23. VERTICAL LIMIT: [VIDEO](#)

\* FOLLOW THE VIDEO AND COMPLETE THESE PLANKS VARIATIONS!

\* PRE JUDO 2 MIN EACH VARIATION / JUNIORS & SENIOR 5 MINUTES EACH VARIATION!

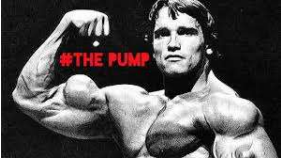


### 24. TIGER FOR THE WIN: [VIDEO](#)

\* PLACE THE BOTTOM OF YOUR FOOT IN THE MIDDLE OF YOUR BELT AND HOLD ON TO THE TWO ENDS WITH STRAIGHT ARMS AND NO SLACK IN THE BELT. FOOT SWEEP A FOLDED PAIR OF SOCKS INTO YOUR HAMPER OR A HOMEMADE NET KEEPING YOUR LEG AND POSTURE STRAIGHT!

\* PRE JUDO 10X EACH LEG / JUNIOR & SENIOR 40X EACH LEG

# NI•TEN HERO CHALLENGES 25•30



## 25. THE PUMP: [VIDEO](#)

\* ROLL UP YOUR TOWEL AS TIGHT AS POSSIBLE, THEN TWIST BOTH HANDS IN THE OPPOSITE DIRECTION WITH YOUR ARMS STRAIGHT OUT INFRONT OF YOU!

\* PRE JUDO 40X / JUNIORS 80X / SENIORS 100X



## 26. MISSION IMPOSSIBLE: [VIDEO](#)

\* **CHILDREN MUST BE SUPERVISED** \* STEEL HANGER NEEDED

\* YOU WILL PURPOSELY TAKE THE STRING OUT OF YOUR JUDO PANTS, ATTACH THE END OF THE STRING TO THE END OF THE HANGAR AND PUSH IT THROUGH THE PANTS OUT TO THE OTHER SIDE!



## 27. TAKE A KNEE SOLIDER: [VIDEO](#)

\* MEMBERS WILL DO WALKING LUNGES FROM DOOR TO DOOR WITHIN THEIR HOME KEEPING THEIR CHEST UP BENDING AT THE KNEES AND NOT THE WAIST!

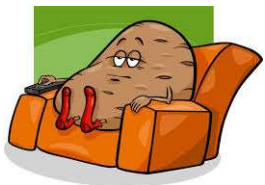
\* PRE JUDO 10 DOOR TOUCHES / JUNIORS 20 DOOR TOUCHES / SENIORS 40 DOOR TOUCHES



## 28. RUSSIAN STACKER: [VIDEO](#)

\* MEMBERS WILL DO A RUSSIAN TWIST MOTION STACKING AN OBJECT OF THEIR CHOICE FROM 1 SIDE TO ANOTHER!

\* PRE JUDO 5 MIN / JUNIORS 10 MIN / SENIORS 15 MIN



## 29. COUCH POTATO: [VIDEO](#)

\* **CHILDREN MUST BE SUPERVISED!**

\* MEMBERS WILL PLACE THEIR HANDS ON THE GROUND AND FEET UP ON THE COUCH AND WALK FROM 1 END OF THE COUCH TO ANOTHER BACK AND FORTH!

\* PRE JUDO 10X / JUNIORS 20X / SENIORS 20X



## 30. ROCKY VIDEO MONTAGE: [VIDEO](#)

\* THIS FINAL CHALLENGE IS OPTIONAL – BUT COMPLETING THIS CHALLENGE ENTERS YOU INTO A RANDOM DRAW FOR A **CUSTOM GI!**

\* GET CREATIVE BY MAKING A PHOTO COLLAGE, VIDEO MONTAGE, GOOGLE SLIDE OR WHATEVER WORKS FOR YOU! EMAIL THE FINAL PRODUCT WITH YOUR TRACKING SHEET TO [NITENJUDOCLUB@GMAIL.COM](mailto:NITENJUDOCLUB@GMAIL.COM) AND PLEASE GIVE US PERMISSION TO SHARE ON SOCIAL MEDIA



**GOOD LUCK YOU JUDO MINIONS!!**



**NITENJUDO**

# NI•TEN HERO

## TRACKING SHEET

MEMBER NAME: \_\_\_\_\_

**PARENT OR MEMBER SHOULD INITIAL THAT THE CHALLENGE IS DONE AND MARK THE DATE THE CHALLENGE WAS COMPLETED!! THANK YOU, HAVE FUN AND STAY SAFE!**

Initials	Challenge Name	Date Complete	Initials	Challenge Name	Date Complete
	STAIR MASTER: <a href="#">VIDEO</a>			KANJI: <a href="#">VIDEO</a>	
	EARTH QUAKE: <a href="#">VIDEO</a>			MOM'S ORDERS: <a href="#">VIDEO</a>	
	ROCKY MODE: <a href="#">VIDEO</a>			CHEAT MEAL: <a href="#">VIDEO</a>	
	BICEP BLASTER: <a href="#">VIDEO</a>			HAPPY FEET: <a href="#">VIDEO</a>	
	WALL STREET: <a href="#">VIDEO</a>			SENSEI QUOTES	
	MR CLEAN: <a href="#">VIDEO</a>			BOULDER SHOULDERS: <a href="#">VIDEO</a>	
	JELLY BELLY: <a href="#">VIDEO</a>			BURPEE MANIA: <a href="#">VIDEO</a>	
	PUSHUP STACKER: <a href="#">VIDEO</a>			VERTICAL LIMIT: <a href="#">VIDEO</a>	
	KARATE KID: <a href="#">VIDEO</a>			TIGER FOR THE WIN: <a href="#">VIDEO</a>	
	BEAR CLAW: <a href="#">VIDEO</a>			THE PUMP: <a href="#">VIDEO</a>	
	SENSEI KANO: <a href="#">WEBSITE</a>			MISSION IMPOSSIBLE: <a href="#">VIDEO</a>	
	IRON GRIP: <a href="#">VIDEO</a>			TAKE A KNEE SOLIDER: <a href="#">VIDEO</a>	
	SEO LATER: <a href="#">VIDEO</a>			RUSSIAN STACKER: <a href="#">VIDEO</a>	
	JACKET ON JACKET OFF: <a href="#">VIDEO</a>			COUCH POTATO: <a href="#">VIDEO</a>	
	RED BELT: <a href="#">VIDEO</a>			ROCKY MONTAGE: <a href="#">VIDEO</a>	

### SENSEI JOSH QUOTES

1)	
2)	
3)	

Write your Kanji words here

二天  
柔道



# NI•TEN HERO

NI•TEN JUDO

## SENSEI KANO'S QUESTIONS

1. Who is the founder of Judo?
2. What year was the Kodokan founded?
3. What country does Judo originate from?
4. How many Judo belts are there? (not including degrees)
5. The contestants of a Judo match are called?
6. What is a full point in a Judo match called?
7. What is a half point in a Judo match called?
8. How many countries compete in the Olympic Games for Judo?
9. Judo is originated from an older martial art named what?
10. What is a judo mat also referred to as?

## FIND THE JAPANESE JUDO TERM

1. BREAK FALLS
2. THE PERSON PERFORMING THE TECHNIQUE
3. THE PERSON HAVING THE TECHNIQUE ONE ON THEM
4. GROUND TECHNIQUES
5. STANDING TECHNIQUES
6. MARTIAL ARTS SCHOOL
7. STOP
8. TOURNAMENT FIGHTING
9. FOOT TECHNIQUES
10. START