



Kobushi Judo Club

Kings' Forest Primary School
Station Road, Kingswood, Bristol. BS15 4PQ



JUNIOR (Under 16's) Green Belt 1 - 3 Black Tabs

Minimum Attendance Confirmed	
Kneeling and Standing Bows and Overall Etiquette	
Posture (Migi/Hidari Shizentai, Jigotai),	
How to grip (Kumi-Kata - basic sleeve/lapel)	
How to walk with a partner (Aruki-Kata - using Tsugi Ashi & Tsuru Ashi)	
How and When to Submit	
Ushiro Ukemi (Back Breakfall)	
Hidari/Migi Yoko Ukemi (Left/Right Side Breakfalls)	
Mae Ukemi (Front Breakfall)	
Hidari/Migi Zempo Kaiten Ukemi (Left/Right Rolling Breakfalls)	
(1 TAB) Demonstrate counters and combinations to and from O Soto Gari	
(2 TABS) Demonstrate counters and combinations to and from Hiza Guruma	
(2 TABS) Demonstrate counters and combinations to and from Uchi Mata	
(3 TABS) De Ashi Barai, Uke avoids, Tori changes attack to any forward throw	
(1 TAB) Juji Jime and escape	
(2 TABS) Tori on back, Uke between Tori's legs, Tori attacks leading to a hold-down	
(2 TABS) Tori on back, Uke between Tori's legs, Tori attacks leading to a strangle	
(2 TABS) Tori on back, Uke between Tori's legs, Tori attacks leading to an armlock	
(3 TABS) Sangaku Jime (candidate demonstrates two different contest provable ways to get to Sangaku Jime)	
(1 TAB) 1st, 2nd and 3rd sets of Nage No Kata & 1st & 2nd sets of Katame No Kata	
(2 TABS) 1st, 2nd, 3rd & 4th sets of Nage No Kata & 1st & 2nd sets of Katame No Kata	
(3 TABS) Nage No Kata complete & 1st & 2nd sets of Katame No Kata	
Minimum of 3 win (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
How to bow as appropriate	