



# Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



## JUNIOR (Under 16's) Green Belt 1 - 3 Blue 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) O Soto Gari	
(2 TABS) Hiza Guruma	
(3 TABS) Uchi Mata	
(1 TAB) Tate Shiho Gatame to and from Kata Gatame	
(2 TABS) Hadaka Jime and escape	
(2 TABS) Okuri Eri Jime and escape	
(3 TABS) Ude Hishigi Juji Gatame	
(3 TABS) Ude Hishigi Juji Gatame applied as Uke tries to avoid Hadaka Jime	
(3 TABS) Ude Hishigi Juji Gatame applied as Uke tries to avoid Okuri Eri Jime	
(1 TAB) 1st technique of Nage No Kata & 1st technique of Katame No Kata	
(2 TABS) 1st & 2nd techniques of Nage No Kata & 1st & 2nd techniques of Katame no Kata	
(3 TABS) 1st set of Nage No Kata & 1st, 2nd & 3rd techniques of Katame no Kata	
Minimum of 1 win (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
How to bow as appropriate	