



Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



JUNIOR (Under 16's) Green Belt 1 - 3 Brown 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 Harai Goshi	
(2 TABS) Demonstrate counters and combinations to and from Hane Goshi	
(3 TABS) Demonstrate counters and combinations to and from Ippon Seoi Nage	
(1 TAB) Ude Garami	
(2 TABS) Waki Gatame	
(3 TABS) Kuzure Kesa Gatame to Ude Garami then to Waki Gatame	
(1 TAB) 1st set of Nage No Kata & 1st set of Katame No Kata	
(2 TABS) 1st & 2nd sets of Nage No Kata & 1st set of Katame No Kata	
(3 TABS) 1st & 2nd sets of Nage No Kata & 1st & 2nd sets of Katame No Kata	
Minimum of 2 win (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
How to bow as appropriate	