



# Kobushi Judo Club

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



## JUNIOR (Under 16's) Green Belt

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)	
Demonstrate counters and combinations to and from O Uchi Gari	
Demonstrate counters and combinations to and from Ko Uchi Gari	
Tate Shiho Gatame and escapes	
Minimum of 2 'throw for throw' style randori practices	
Tai Sabaki Turning in or avoiding an attack	
Kata - Form	
Kamiza - A place of honour (may have a picture of the founder)	
Kyu Shin Do is the philosophy of Kenshiro Abbe	
How to bow as appropriate	