



Kobushi Judo Club

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



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

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| 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) Ippon Seoi Nage | |
| (2 TABS) Demonstrate counters and combinations to and from Tsuru Komi Goshi | |
| (3 TABS) Demonstrate counters and combinations to and from Morote Seoi Nage | |
| (3 TABS) Demonstrate counters and combinations to and from Tai Otoshi | |
| (1 TAB) Kuzure Yoko Shiho Gatame and escapes (x2) | |
| (2 TABS) Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame | |
| (3 TABS) Kata Gatame and escapes (x2) | |
| Minimum of 2 'throw for throw' style randori practices | |
| Obi - Belt | |
| Maitta - I submit | |
| Kuzushi - Breaking of balance | |
| Tsukuri - to create, to float | |
| Kake - Body contact | |
| Nage - completion of throw | |
| Shizontai - relaxed natural posture | |
| Jigotai - defensive posture | |
| Judo originated in Japan | |
| Only practice in registered clubs with an instructor | |
| That the BJC was founded by Kenshiro Abbe | |
| Treat other Judoka with courtesy and respect | |
| How to bow as appropriate | |