



Kobushi Judo Club

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



JUNIOR (Under 16's) Orange 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)	
Hane Goshi	
Mune Gatame and escapes (x 2)	
Minimum of 2 'throw for throw' style randori practices	
Uchi Komi - Turning-in and out practice (literally In-Out)	
Randori - Free practice	
Hantei - Corner judge vote	
Only elbow joint is allowed to be locked	
Inform Sensei immediately of any injuries	
Judo was developed by Jigoro Kano	
How to bow as appropriate	