



Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



JUNIOR (Under 16's) 1 - 3 Yellow 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) Morote Seoi Nage & breakfall	
(2 TABS) Morote Seoi Otoshi & breakfall	
(2 TABS) Ko Uchi Gari & breakfall	
(2 TABS) Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi & breakfall	
(3 TABS) Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari & breakfall	
(3 TABS) Tsuru Komi Goshi & breakfall	
(3 TABS) Tai Otoshi & breakfall	
(1 TAB) Turn-over from press-up position, breakfall, move to Kesa Gatame (Scarf Hold) & escape	
(2 TABS) Kuzure Kesa Gatame (Broken Scarf Hold), escape onto stomach, rise to 'all 4s'	
(3 TABS) Turn-over from press-up position breakfall move to Kesa Gatame, escape to Kuzure Kesa Gatame escape onto stomach and rise to 'all 4s'	
Minimum of 2 'throw for throw' style randori practices	
Judo - The Gentle Way	
Dojo - Training Hall	
Ritsu Rei - Standing Bow (how & when)	
Za Rei - Kneeling Bow (how & when)	
Sensei - Teacher	
Tori - Attacker	
Uke - Defender/Receiver	
Hajme - Start	
Matte - Stop	
Teacher is addressed as Sensei and with respect	
Behave sensibly in the Dojo	
Inform Sensei of any medical condition or injury	
Breakfalls are performed for safety	
Hands and feet are not allowed on partner's face	
How to bow as appropriate	