



Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



JUNIOR (Under 16's) Yellow Belt 1 - 3 Orange 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) O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi	
(1 TAB) De Ashi Barai	
(1 TAB) Tsuru Komi Ashi	
(1 TAB) Ko Soto Gari	
(1 TAB) De Ashi Barai, Uke avoids, Tori changes attack to Tsuru Komi Ashi	
(2 TABS) Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Seo Nage	
(3 TABS) Harai Goshi	

(1 TAB) Turn-over from press-up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into Yoko Shiho Gatame (Side Four Quarters Hold), escape into Kuzure Kami Shiho Gatame, escape into Kami Shiho Gatame, and escape	
(2 TABS) Tori on back, Uke between legs - Tori rolls Uke over into 2 different hold-downs with escapes and combinations	
(3 TABS) Tori attacks from between Uke's legs (Uke on their back), and demonstrates moving around into linked hold-downs	

Minimum of 2 'throw for throw' style randori practices	
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Ippon - 10 points - Win	
Waza-ari - 7 points	
Yuko - 5 points	
Sore Made - That is all	
Sono Mama - Freeze	
Yoshi - Continue	
Gain permission before leaving the mat	
Zori (slippers) are left neatly at mat side & tie belt correctly	
Must sit cross legged or kneel on the mat	
When a higher grade enters the class, stop and Rei	
Hands & Feet to be clean and nails short, Judogi to be kept clean	
BJC stands for British Judo Council, its President is Robin Otani	

How to bow as appropriate	
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