



# Kobushi Judo Club

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



## JUNIOR (Under 16's) Yellow 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)	
O Uchi Gari & breakfall	
Tsuru Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi	
Tsuru Komi Goshi, Uke Avoids, Tori changes attack to O Uchi Gari	
Turn-over from press-up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into Yoko Shiho Gatame (Side Four Quarters Hold) and escape	
Minimum of 2 'throw for throw' style randori practices	
Osaekom - Start timing (of hold down)	
Toketa - Hold broken (stop timing)	
Judogi - Judo suit	
Line up correctly on the mat	
How to bow as appropriate	