



# Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



## PRIMARY (Under 10's) 1 - 3 Blue 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) Tsuru Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari	
(2 TABS) O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi	
(3 TABS) De Ashi Bari	
(1 & 2 TABS). Turn-over from press-up position, breakfall, move to Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into Yoko Shiho Gatame, escape	
(3 TABS) Kuzure Kami Shiho Gatame (Broken Upper Four Quarters Hold), escape to Kami Shiho Gatame (Upper Four Quarters Hold)	
Minimum of 2 'throw for throw' style randori practices	
Osae Komi - Start of Hold Down Being Timed	
Toketa - Hold Down Broken	
How to bow as appropriate	