



Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



PRIMARY (Under 10's) 1 - 3 Green 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) Tai Otoshi & breakfall	
(2 TABS) O Uchi Gari & breakfall	
(3 TABS) Tsuru Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi	
(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 to 'all 4s'.	
(2 & 3 TABS) Turn-over into Yoko Shiho Gatame (Side Four Quarters Hold) and escape	
Minimum of 2 'throw for throw' style randori practices	
Judo - The Gentle (or Supple) Way	
Hands and feet are not allowed on partner's face	
Teacher is addressed as Sensei with respect	
How to bow as appropriate	