



Kobushi Judo Club

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



PRIMARY (Under 10's) 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) Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi & breakfall	
(2 TABS) Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari & breakfall	
(3 TABS) Tsuru Komi Goshi & breakfall	
(1 & 2 TABS) Kuzure Kesa Gatame (Broken Scarf Hold), escape onto stomach and rise onto 'all 4s'	
(3 TABS) Turn-over from press-up position, breakfall, move to Kesa Gatame escape and link to Kuzure Kesa Gatame escape onto stomach and rise to 'all 4s'	
Minimum of 2 'throw for throw' style randori practices	
Dojo - Training Hall	
Ritsu Rei - Standing bow	
Tori - Attacker	
How to bow as appropriate	