



# Kobushi Judo Club

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



## Senior (16+ Years old) Black 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)  |  |
| Demonstrate counters and combinations to and from O Soto Gari   |  |
| Demonstrate counters and combinations to and from Hiza Guruma   |  |
| Demonstrate counters and combinations to and from Uchi Mata   |  |
| De Ashi Barai, Uke avoids, Tori changes attack to any forward throw   |  |
| Juji Jime and escape  |  |
| Tori on back, Uke between Tori's legs, Tori attacks leading to a hold-down                                      |  |
| Tori on back, Uke between Tori's legs, Tori attacks leading to a strangle                                       |  |
| Sangaku Jime - (candidate demonstrates two different contest provable ways to get to Sangaku Jime)              |  |
| Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible. |  |
| Nage No Kata complete   |  |
| 1st & 2nd sets of Katame No Kata  |  |
| How to bow as appropriate   |  |