



Kobushi Judo Club

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



Senior (16+ Years old) Blue 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 Soto Gari	
Hiza Guruma	
Uchi Mata	
Tate Shiho Gatame to and from Kata Gatame	
Hadaka Jime and escape	
Okuri Eri Jime and escape	
Ude Hishigi Juji Gatame	
Ude Hishigi Juji Gatame applied as Uke tries to avoid Hadaka Jime	
Ude Hishigi Juji Gatame applied as Uke tries to avoid Okuri Eri Jime	
Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
1st set of Nage No Kata	
1st set of Katame No Kata	
How to bow as appropriate	