



Kobushi Judo Club

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



Senior (16+ Years old) Brown 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 Harai Goshi	
Demonstrate counters and combinations to and from Hane Goshi	
Demonstrate counters and combinations to and from Ippon Seoi Nage	
Ude Garami	
Waki Gatame	
Kuzure Kesa Gatame to Ude Garami then to Waki Gatame	
Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
1st & 2nd sets of Nage No Kata	
1st & 2nd sets of Katame No Kata	
How to bow as appropriate	