



Kobushi Judo Club

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



Senior (16+ Years old) Orange Belt 1 - 3 Green Tabs & Green 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)	
(1 TAB) Ippon Seoi Nage	
(2 TABS) Demonstrate counters and combinations to and from Tsuru Komi Goshi	
(3 TABS) Demonstrate counters and combinations to and from Morote Seoi Nage	
(3 TABS) Demonstrate counters and combinations to and from Tai Otoshi	
(GREEN BELT) Demonstrate counters and combinations to and from O Uchi Gari	
(GREEN BELT) Demonstrate counters and combinations to and from Ko Uchi Gari	
(1 TAB) Kuzure Yoko Shiho Gatame and escapes (x2)	
(2 TABS) Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame	
(3 TABS) Kata Gatame and escapes (x2)	
(GREEN BELT) Tate Shiho Gatame and escapes	
Minimum of 2 'throw for throw' style randori practices	
(1 - 3 TABS) Obi - Belt	
(1 - 3 TABS) Maitta - I submit	
(1 - 3 TABS) Kuzushi - Breaking of balance	
(1 - 3 TABS) Tsukuri - to create, to float	
(1 - 3 TABS) Kake - Body contact	
(1 - 3 TABS) Nage - completion of throw	
(1 - 3 TABS) Shizontai - relaxed natural posture	
(1 - 3 TABS) Jigotai - defensive posture	
(1 - 3 TABS) Judo originated in Japan	
(1 - 3 TABS) Treat other Judoka with courtesy and respect	
(1 - 3 TABS) That the BJC was founded by Kenshiro Abbe	
(1 - 3 TABS) Only practice in registered clubs with an instructor	
(GREEN BELT) Tai Sabaki - Turning in or avoiding an attack	
(GREEN BELT) Kata - Form	
(GREEN BELT) Kamiza - A place of honour (may have a picture of the founder)	
(GREEN BELT) Kyu Shin Do is the philosophy of Kenshiro Abbe	
How to bow as appropriate	