



# Kobushi Judo Club

Kings' Forest Primary School

Station Road, Kingswood, Bristol. BS15 4PQ



## Senior (16+ Years old) White Belt 1 - 3 Red 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 & breakfall	
(2 TABS) Morote Seoi Otoshi & breakfall	
(2 TABS) Ko Uchi Gari & breakfall	
(2 TABS) Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi & breakfall	
(3 TABS) Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari & breakfall	
(3 TABS) Tsuru Komi Goshi & breakfall	
(3 TABS) Tai Otoshi & breakfall	
(1 TAB) Turn-over from press-up position, breakfall, move into Kesa Gatame (Scarf Hold) & escape	
(2 TABS) Kuzure Kesa Gatame (Broken Scarf Hold), escape onto stomach, rise to 'all 4s'	
(3 TABS) Turn-over from press-up position breakfall move to Kesa Gatame, escape to Kuzure Kesa Gatame escape onto stomach and rise to 'all 4s'	
Minimum of 2 'throw for throw' style randori practices	
(1 - 3 TABS) Judo - The Gentle Way	
(1 - 3 TABS) Dojo - Training Hall	
(1 - 3 TABS) Ritsu Rei - Standing Bow (how & when)	
(1 - 3 TABS) Za Rei - Kneeling Bow (how & when)	
(1 - 3 TABS) Sensei - Teacher	
(1 - 3 TABS) Tori - Attacker	
(1 - 3 TABS) Uke - Defender/Receiver	
(1 - 3 TABS) Hajime - Start	
(1 - 3 TABS) Matte - Stop	
(1 - 3 TABS) Teacher is addressed as Sensei and with respect	
(1 - 3 TABS) Behave sensibly in the Dojo	
(1 - 3 TABS) Inform Sensei of any medical condition or injury	
(1 - 3 TABS) Breakfalls are performed for safety	
(1 - 3 TABS) Hands and feet are not allowed on partner's face	
How to bow as appropriate	



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## Senior (16+ Years old) Yellow 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)	
(YELLOW BELT) O Uchi Gari & breakfall	
(YELLOW BELT) Tsuru Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi	
(YELLOW BELT) Tsuru Komi Goshi, Uke Avoids, Tori changes attack to. O Uchi Gari	
(YELLOW BELT) Turn-over from press-up position, breakfall, move to Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into Yoko Shiho Gatame (Side Four Quarters Hold) and escape	
Minimum of 2 'throw for throw' style randori practices	
(YELLOW BELT) Osaekomi - Start timing (of holddown)	
(YELLOW BELT) Toketa - Hold broken (stop timing)	
(YELLOW BELT) Judogi - Judo suit	
(YELLOW BELT) Line up correctly on the mat	
How to bow as appropriate	