



# Kobushi Judo Club

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



## Senior (16+ Years old) Yellow Belt 1 - 3 Orange 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) O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi	
(1 TAB) De Ashi Barai	
(1 TAB) Tsuru Komi Ashi	
(1 TAB) Ko Soto Gari	
(1 TAB) De Ashi Barai, Uke avoids, Tori changes attack to Tsuru Komi Ashi	
(2 TABS) Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Seoi Nage	
(3 TABS) Harai Goshi	
(1 TAB) Turn-over from press-up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over to Yoko Shiho Gatame (Side Four Quarters Hold), escape to Kuzure Kami Shiho Gatame, escape into Kami Shiho Gatame, and escape	
(2 TABS) Tori on back, Uke between legs - Tori rolls Uke over into 2 different hold-downs with escapes and combinations	
(3 TABS) Tori attacks from between Uke's legs (Uke on their back), and demonstrates moving around into linked hold-downs	
Minimum of 2 'throw for throw' style randori practices	
(1 - 3 TABS) Ippon - 10 points - Win	
(1 - 3 TABS) Wazari - 7 points	
(1 - 3 TABS) Yuko - 5 points	
(1 - 3 TABS) Sore Made - That is all	
(1 - 3 TABS) Sono Mama - Freeze	
(1 - 3 TABS) Yoshi - Continue	
(1 - 3 TABS) Gain permission before leaving the mat	
(1 - 3 TABS) Zori (slippers) are left neatly at mat side & tie belt correctly	
(1 - 3 TABS) Must sit cross legged or kneel on the mat	
(1 - 3 TABS) When a higher grade enters the class, stop and Rei	
(1 - 3 TABS) Hands & Feet to be clean and nails short, Judogi to be kept clean	
(1 - 3 TABS) BJC stands for British Judo Council, its President is Robin Otani	
How to bow as appropriate	



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(ORANGE BELT) Hane Goshi	
(ORANGE BELT) Mune Gatame and escapes (x 2)	
Minimum of 2 'throw for throw' style randori practices	
(ORANGE BELT) Uchi Komi - Turning-in and out practice (literally In-Out)	
(ORANGE BELT) Randori - Free practice	
(ORANGE BELT) Hantei - Corner judge vote	
(ORANGE BELT) Only elbow joint is allowed to be locked	
(ORANGE BELT) Inform Sensei immediately of any injuries	
(ORANGE BELT) Judo was developed by Jigoro Kano	
How to bow as appropriate	