



FOUNDATION JUDO



Foundation Ippon Belt

Judoka being assessed for their
Blackwater Red Ippon Belt
will be over 8.

Judokas are expected to attend regularly, be able to show all break falls, be a good uki and as a minimum be able to perform all levels 1 to 9 with confidence.

In addition to all previous techniques they will be asked to show

- Hidari-ogoshi
- Hidari ukigoshi

Judoka who have gained their Red Belt are now ready to move across to the Junior Group