

BJA Junior Grading Programme

10th MON - 11th MON



Fundamental Skills



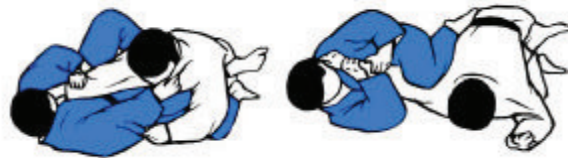
1. Hiza-guruma



2. Sasae-tsurikomi-ashi



3. Juji-gatame



4. Hiza-gatame

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Renraku-waza combinations

a



b



c



d

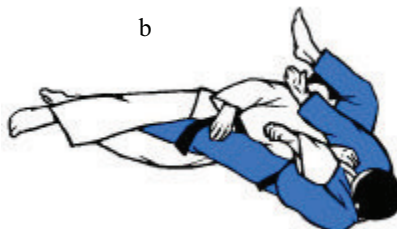


3. Juji-gatame "sit back entry"

a



b



c



4. Juji-gatame "roll over entry"

Player's Choice: demonstrate four favourite techniques

Terminology: to know common English translation and meaning of Japanese terminology used in this section