

BJA Junior Grading Programme

16th MON - 17th MON



Fundamental Skills



1. Ushiro-goshi



2. Sumi-gaeshi



3. Ryo-hiza-seoi-otoshi



4. Yoko-gake



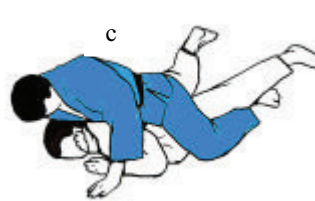
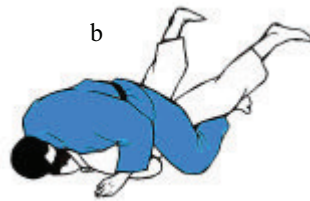
5. Hadaka-jime



6. Kata-te-ashi-koshi-jime

Performance Skills

- Free practice – Randori
- Knowledge of performance versions of selected techniques (examples)



- Hadaka-jime against Uke in prone position

Player's Choice: Terminology:

- demonstrate three of their favourite combinations
- to know common English translation and meaning of Japanese terminology used in this section