

BJA Senior Grading Programme

5th Kyu - 4th Kyu (Orange Belt)



Tachi-waza



1. Tsurikomi-goshi



2. O-goshi



3. Seoi-otoshi



4. Mbrote-seoi-nage



5. O-soto-gari



6. Ko-uchi-gari

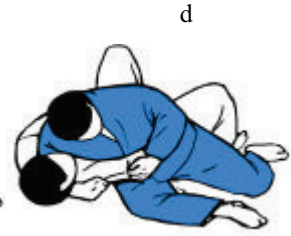
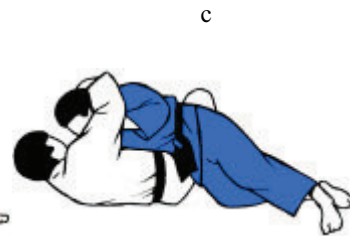
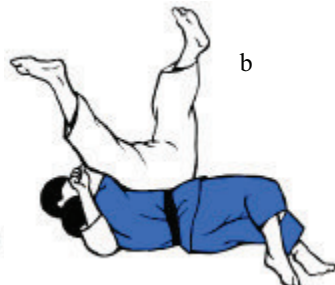


7. Ko-soto-gari



8. Ko-soto-gake

Ne-waza



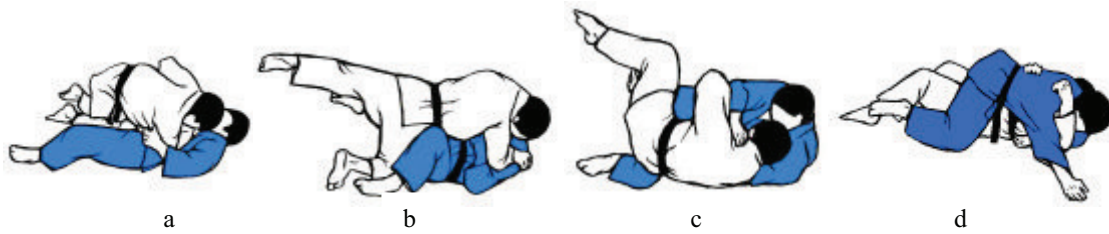
1. Kesa-gatame "bridge escape"



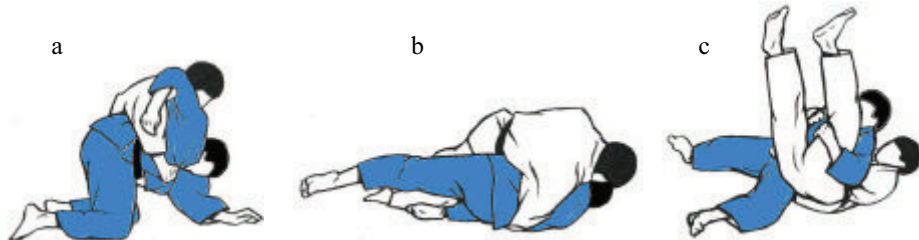
2. Escape into Kesa-gatame through Uke's legs



3. Escape into Yoko-shiho-gatame



4. Turnover into Tate-shiho-gatame



5. Armroll with Uke at side of Tori



6. Armroll from the front of Uke

Performance Skills

Combinations of throws

1. O-uchi-gari into Ko-uchi-gari
2. Ko-uchi-gari into O-soto-gari/gake
3. Ko-uchi-gari into Mbrote-seoi-nage
4. Ippon-seoi-nage into Ko-uchi-gari

Counters

5. O-uchi-gari countered by Tsurikomi-goshi
6. Tai-otoshi countered by Ko-soto-gari/gake

Randori – light free practice with co-operation

Personal Choice – demonstrate one ne-waza and two tachi-waza as combination, counter and transition onto newaza

Terminology

Knowledge of terms: Shido, Hiki-waki, Uke, Tori, Hantei, Hansoku-make, Waza-ari-awasete-ippon

Demonstrate referee's signals: Matte Osaekomi Toketa Adjusting judogi

Demonstrate procedure for coming onto and leaving a mat

Give two examples of grips against contest rules for negative or safety reasons

Give two examples of actions (not grips) against rules