

BJA Junior Grading Programme

17th MON - 18th MON



Fundamental Skills



1. Sode-tsurikomi-goshi



a



b

2. Te-guruma



3. Ko-uchi-gake-mata-maki-komi



4. San-gaku-jime

Performance Skills

1. Attacking and defending skills in the free practice – Randori



2. Demonstrate two performance variations of Sumi-gaeshi (option: Hikikomi-gaeshi)



3. Complex entry into San-gaku-gatame, San-gaku-jime and San-gaku-osae-gatame (not all variations illustrated)

Player's choice: demonstrate four of their favourite techniques as combinations, or attain BJA Junior Referee Award, or Senior Club Kata Award

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