

BJA Junior Grading Programme

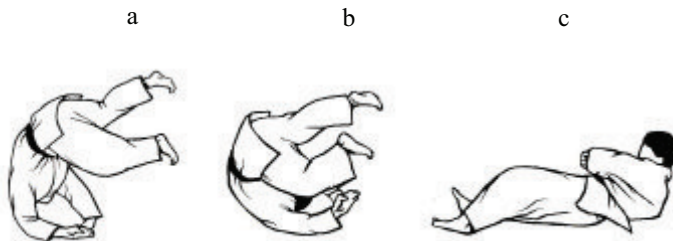
3rd MON - 4th MON



Fundamental Skills



1. Standard grip



2. Mae Mawari Ukemi



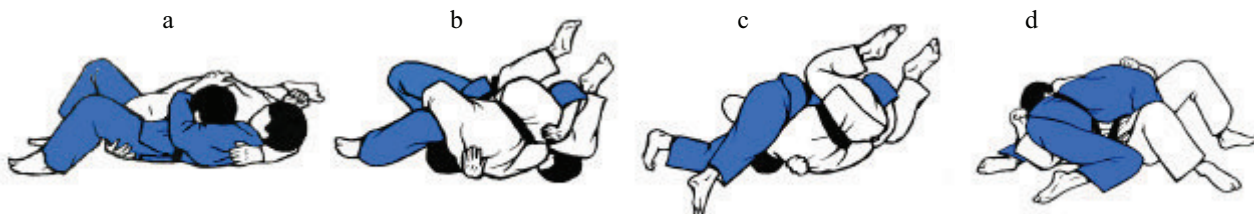
3. Tai-otoshi



4. Yoko-shiho-gatame

Performance Skills

1. Tai-otoshi into Yoko-shiho-gatame



2. Yoko-shiho-gatame escape "trap-bridge-roll"



3. Turnover into Yoko-shiho-gatame

Player's Choice

Demonstrate two tachi-waza and one osaekomi-waza

Terminology

To know translation and meaning of all Japanese words used in this section