

BJA Junior Grading Programme

7th MON - 8th MON



Fundamental Skills



1. Ko-soto-gari



2. Ko-soto-gake



3. Mbrote-seoi-nage

Performance Skills

1. Attacking and defending in free practice (Randori)



2. Ko-uchi-gari into Mbrote-seoi-nage

3. Tai-otoshi countered by Ko-soto-gake



a



b



c

4. Escape into Yoko-shiho-gatame past Uke's legs



a



b



c



d

5. Turnover into Tate-shiho-gatame from beneath

Player's Choice: Demonstrate three favourite techniques

Demonstrate: Shido, Hansokumake, Matte, Osae-komi, Toketa, Adjusting Judogi.

Contest Rules: Two actions against rules