

BJA Junior Grading Programme

10th MON - 11th MON



Fundamental Skills



1. Hiza-guruma



2. Sasae-tsuri-komi-ashi



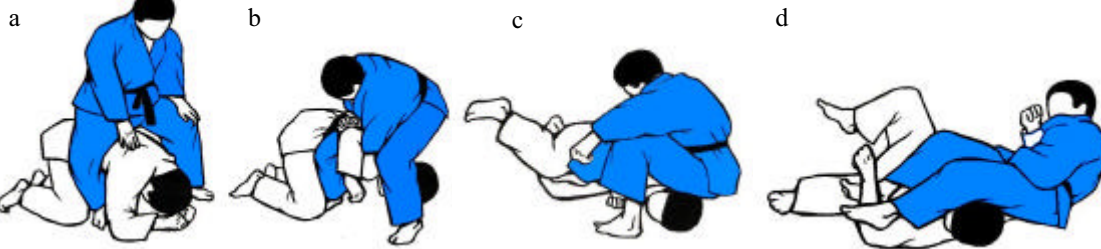
3. Juji-gatame



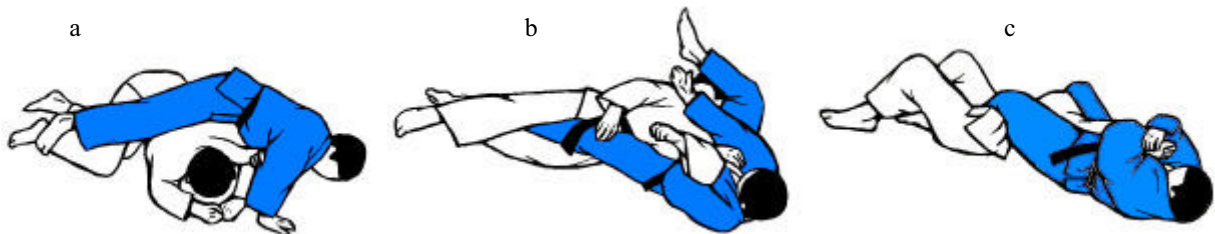
4. Hiza-gatame

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Renraku-waza combinations



3. Juji-gatame "sit back entry"



4. Juji-gatame "roll over entry"

Player's Choice: demonstrate four favourite techniques

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