

BJA Junior Grading Programme

13th MON - 14th MON



Fundamental Skills



1. Tomoe-nage 2. Kata-uchi-ashi-dori 3. Soto-kibisu-gaeshi 4. Okuri-eri-jime



Basic position for Juji-jime

5. Nami-juji-jime

6. Gyaku-juji-jime

Performance Skills

1. Attacking and defending skills in free practice – Randori



2. Nami and Gyaku-juji-jime - example



3. Okuri-eri-jime vs Uke's dropping attack



4. Kumikata skills against left handed opponents

5. Player's Choice: demonstrate four favourite techniques as series of combinations - either ne-waza, tachi-waza or combination of both.

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