

BJA Junior Grading Programme

15th MON - 16th MON



Fundamental Skills



1. Ura-nage



2. Uki-otoshi



3. Yoko-tomoe-nage



4. Kata-hiza-te-ouchi-gake-ashi-dori



5. Soto-makikomi



6. Kata-ha-jime

Performance Skills

1. Free practice – Randori



2. Knowledge of performance versions of selected techniques (examples)



3. Kata-ha-jime against failed attack

Player's Choice: demonstrate four of their favourite techniques as combinations

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