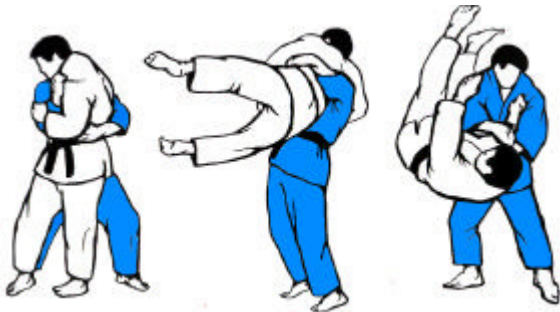


# BJA Junior Grading Programme

## 16<sup>th</sup> MON - 17<sup>th</sup> MON



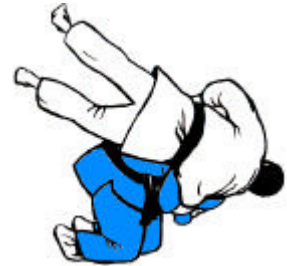
### Fundamental Skills



1. Ushiro-goshi



2. Sumi-gaeshi



3. Ryo-hiza-seoi-otoshi



4. Yoko-gake



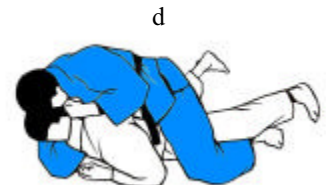
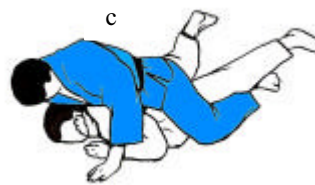
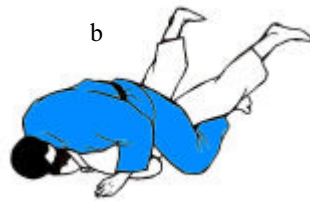
5. Hadaka-jime



6. Kata-te-ashi-koshi-jime

### Performance Skills

1. Free practice – Randori
2. Knowledge of performance versions of selected techniques (examples)



3. Hadaka-jime against Uke in prone position

### Player's Choice: Terminology:

demonstrate three of their favourite combinations  
to know common English translation and meaning of  
Japanese terminology used in this section