

BJA Junior Grading Programme

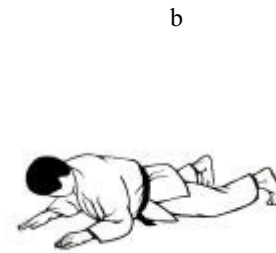
5th MON - 6th MON



Fundamental Skills



1. Any alternative to standard grip



2. Mae Ukemi



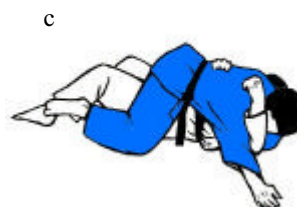
3. Ouchi-gari



4. Tate-shiho-gatame

Performance Skills

1. Ouchi-gari into Tate-shiho-gatame



2. Tate-shiho-gatame escape using "clamping action"



3. Turnover into Mune-gatame: Uke on all fours

4. Demonstrate a light Randori (as Nage-komi on the move)

Player's Choice Demonstrate two favourite techniques

Terminology

Knowledge of translation and meaning of terminology used in this section
Give two examples of actions against the rules