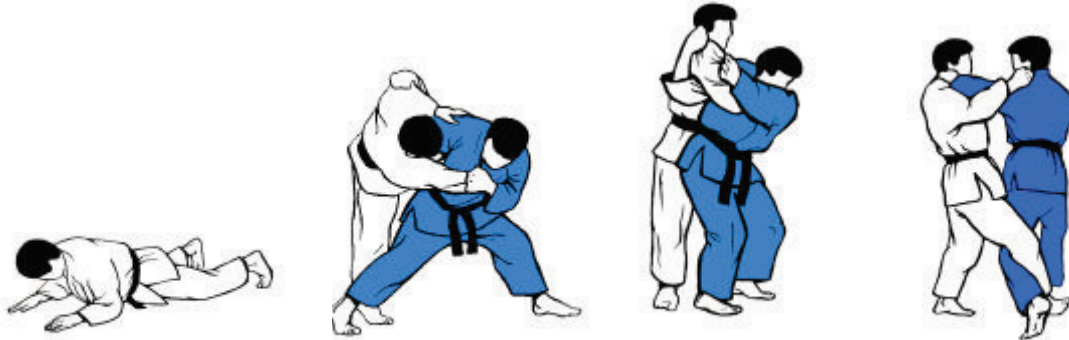


BJA Senior Grading Programme

6th Kyu – 5th Kyu (Yellow Belt)



Fundamental Skills and Tachi-waza

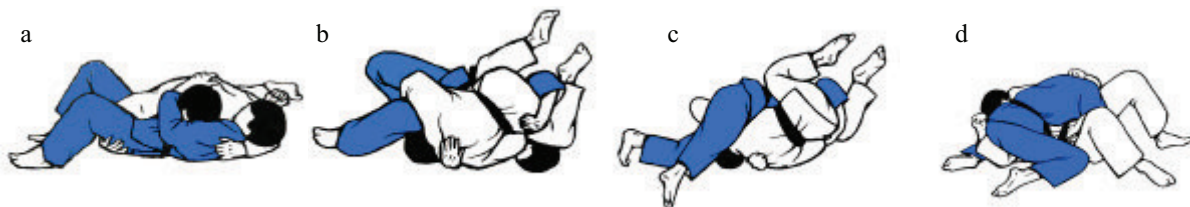


1. Mae Ukemi 2. Tai-otoshi 3. Ippon-seoi-nage 4. Ouchi-gari

Performance Skills



5. Yoko-shiho-gatame 6. Kami-shiho-gatame 7. Tate-shiho-gatame.



8. Yoko-shiho-gatame escape (trap-bridge-roll)



9. Kami-shiho-gatame escape (right-left twitch)



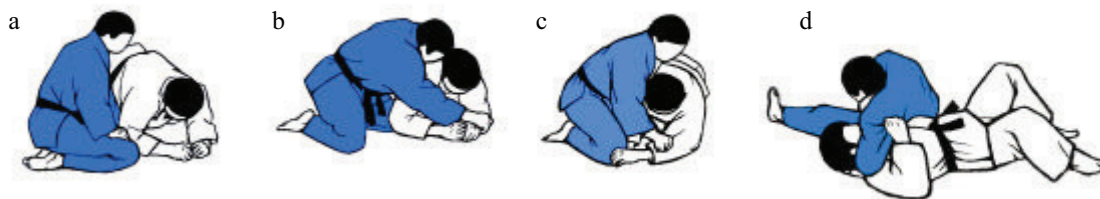
10. Tate-shiho-gatame escape ("clamping" roll)

Combinations

11. Tai-otoshi into Yoko-shiho-gatame
12. Ippon-seoi-nage into Kami-shiho-gatame
13. Ouchi-gari into Tate-shiho-gatame

Ne-waza

14. Turnover into Kesa-gatame



15. Turnover into Yoko-shiho-gatame



16. Turnover into Mune-gatame



Randori – light free practice with co-operation

Grips – standard grip and few alternatives

Terminology

1. Knowledge of Japanese terminology used for this grade
2. Give two examples of actions against contest rules

Personal Choice

Demonstrate two tachi-waza and two osae-waza from BJA Senior Grading Syllabus