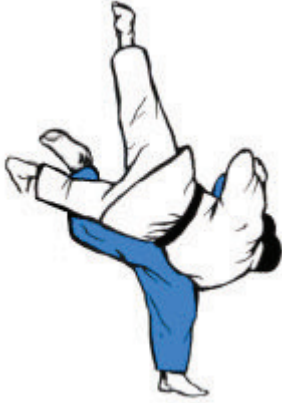


BJA Junior Grading Programme

11th MON - 12th MON



Fundamental Skills



1. Hane-goshi



2. Okuri-ashi-barai



3. Mbrote-eri-seoi-nage

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Renraku and Renzoku-waza combinations



a



b



c



d

3. Juji-gatame "over the shoulder roll entry"



a



b



c



d



e

4. Juji-gatame "entry from beneath"

Player's Choice: demonstrate four favourite techniques

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