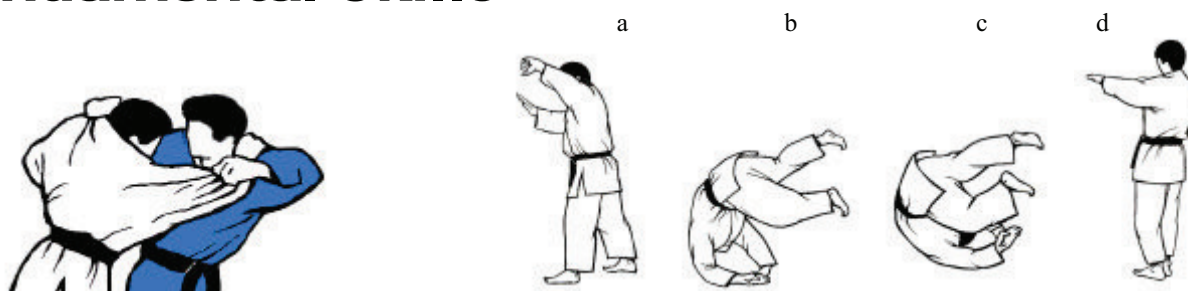


BJA Junior Grading Programme

4th MON - 5th MON



Fundamental Skills



1. Alternative grip (option)

2. Mae Mawari Ukemi



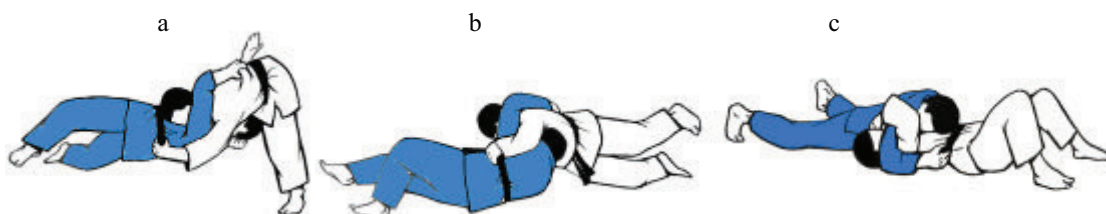
3. Ippon-seoi-nage



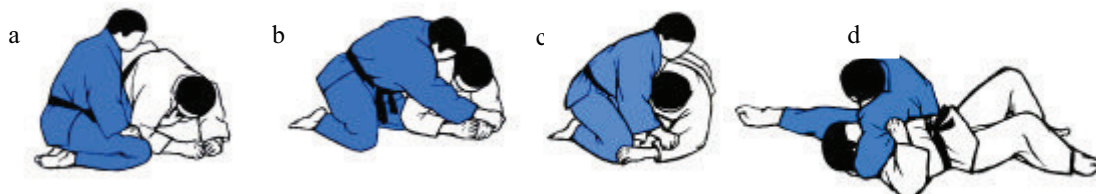
4. Kami-shiho-gatame

Performance Skills

1. Ippon-seoi-nage into Kami-shiho-gatame



2. Kami-shiho-gatame escape using action-reaction



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

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

To know the common English translation and meaning of terminology used in this section