

BJA Junior Grading Programme

6th MON - 7th MON



Fundamental Skills



1. Tsurikomi-goshi



2. O-goshi



3. Ko-uchi-gari

Performance Skills

1. O-uchi-gari into Ko-uchi-gari
2. Ko-uchi-gari into O-soto-gari
3. O-uchi-gari countered by Tsurikomi-goshi



4. Kesa-gatame "bridge-and-roll" escape



5. Escape into Kesa-gatame from between Uke's legs

Randori: free practice with cooperative partner

Player's Choice: Demonstrate two tachiwaza and one osae-waza from BJA Junior Grading syllabus

Terminology: Uke, Tori, Waza-ari-awasete-ippun and common English translation and meaning of Japanese terminology used in this section

Demonstrate: procedure of coming onto and leaving the mat

Contest Rules: give two examples of actions against the rules