

BJA Junior Grading Programme

9th MON - 10th MON



Fundamental Skills



1. Harai-goshi



2. Uchi-mata



3. Ude-gatame



a



b



c

4. Waki-gatame

Performance Skills

1. Free practice – Randori



a



b



c

2. Defence with hip block and principles of Renraku-waza

3. Selected Renraku-waza combinations (example: Harai-goshi into O-soto-gari)

4. Any combination with Ko-uchi-gake

Player's Choice: demonstrate four favourite techniques

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