

BJA Senior Grading Programme

4th - 3th Kyu (Green Belt)



Tachi-waza



1. Harai-goshi



2. Uchi-mata



3. Hane-goshi



4. Hiza-guruma



5. Sasae-tsurikomi-ashi



6. Okuri-ashi-barai



7. Mbrote-eri-seoi-nage

Ne-waza:

Introduction to Kansetsu-waza (armlocks)



1. Ude-gatame



a



b



c

2. Waki-gatame



a



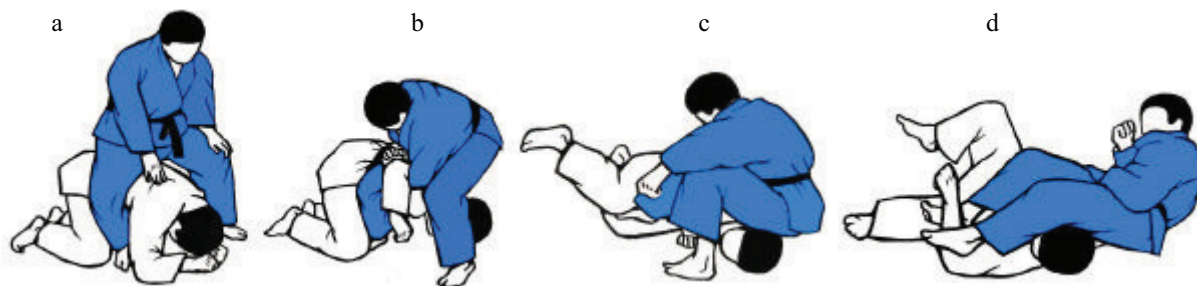
b

3. Hiza-gatame

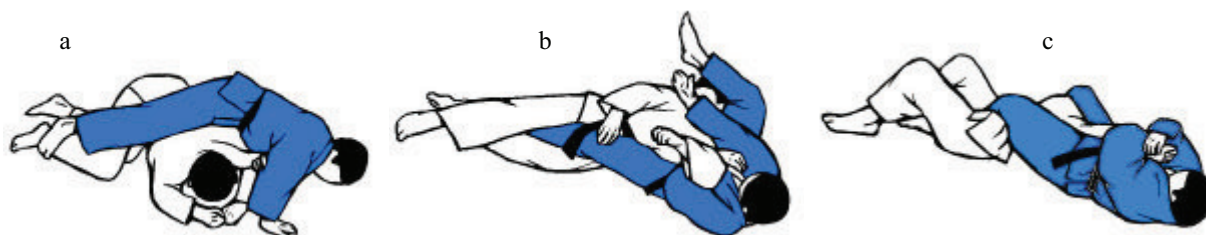


4. Juji-gatame

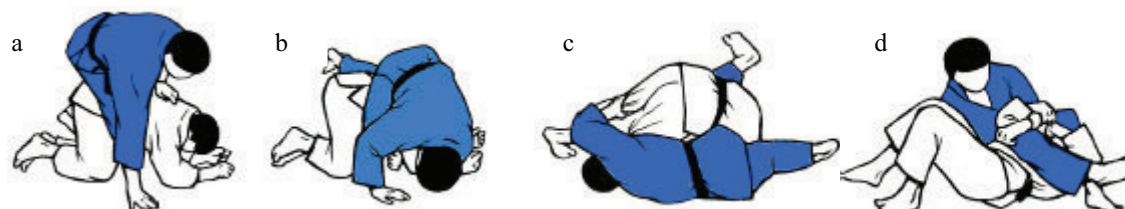
Performance Skills: Kansetsu-waza entries



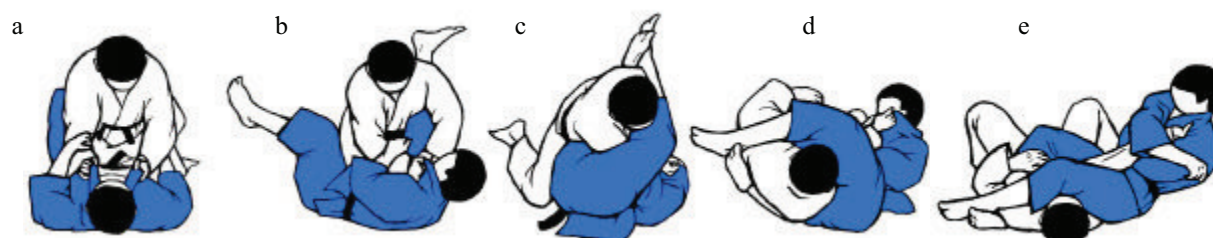
1. Juji-gatame "sit back" entry



2. Juji-gatame "roll over" entry



3. Juji-gatame "over the shoulder entry"



4. Juji-gatame entry from beneath

Randori – light free practice with co-operation 4 minutes

Personal choice of combinations of techniques

Demonstrate four techniques from BJA Senior Grading Syllabus individually and then as series of two combinations. Demonstration must include - two combinations, two counters and two transitions in ne-waza, or a combination of both.

Terminology

To know the common English translations and meaning of all Japanese terminology used in this section.