

# BJA Junior Grading Programme

## 12<sup>th</sup> MON - 13<sup>th</sup> MON



### Fundamental Skills



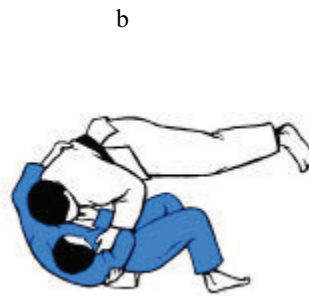
1. Koshi-guruma



2. Tani-otoshi



3. Yoko-guruma



4. Ude-garami

### Performance Skills

1. Free practice – Randori
2. Knowledge of selected Kaeshi-waza combinations



3. Ude-garami from Kuzure-kesa-gatame



4. Kumi-Kata skills against right handed opponents

**Player's Choice:** demonstrate four favourite techniques

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