

BJA Junior Grading Programme

14th MON - 15th MON



Fundamental Skills



1. Kata-guruma



2. Mbrote-gari



3. Uki-waza



4. Soto-ashi-dori-ouchi-gari



5. Uchi-kibisu-gaeshi

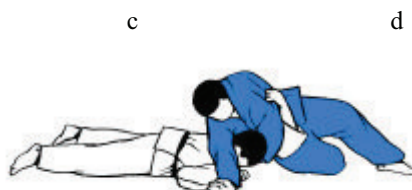
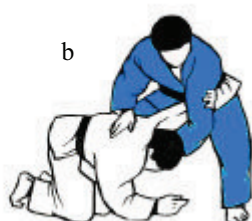


6. **Performance version**
Yoko-kata-guruma-otoshi



Performance Skills

1. Free practice – Randori



2. Koshi-jime against dropping attack



3. Kata-te-jime

Player's Choice: Terminology:

demonstrate two favourite combinations

to know common English translation and meaning of Japanese terminology used in this section