

BJA Junior Grading Programme

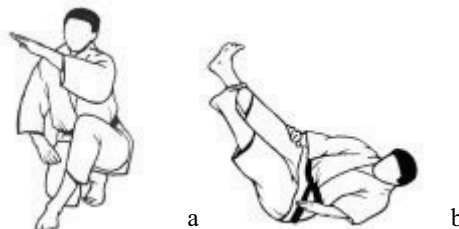
1st MON - 2nd MON



Fundamental Skills



1. Za-rei and Tachi-rei



2. Yoko Ukemi



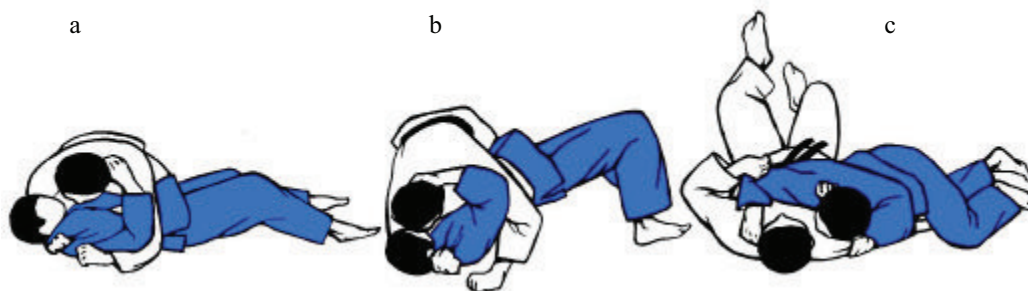
3. De-ashi-barai



4. Mune-gatame

Performance Skills

1. De-ashi-barai into Mune-gatame
2. Mune-gatame escape by "bridge and roll"



Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Osaekomi Toketa