

BJA Junior Grading Programme

2nd MON - 3rd MON



Fundamental Skills



1. Correct wearing Judogi

a



b



c



2. Mae Mawari Ukemi



3. Uki-goshi



4. Kuzure-kesa-gatame

Performance Skills

1. Uki-goshi into Kuzure-kesa-gatame

a



b



c



d



2. Kuzure-kesa-gatame escape using "sit-and-push"

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Dojo Judogi Zori