

BJA Junior Grading Programme

8th MON - 9th MON



Fundamental Skills



1. Seoi-otoshi



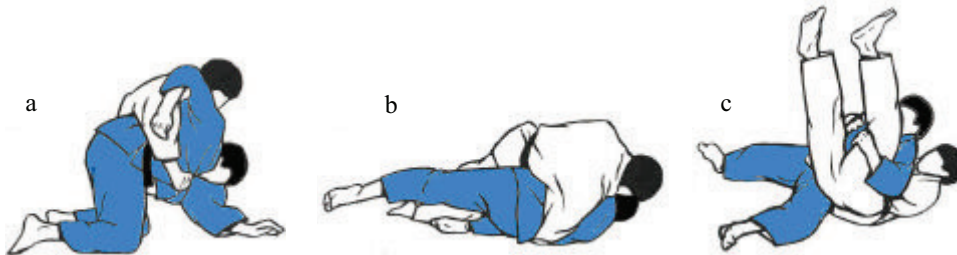
2. O-soto-gari

Performance Skills

1. Attacking and defending in free practice (Randori)
2. Selected combinations with Ko-Uchi-gake and Seoi-otoshi



3. Ippon-seoi-nage into Ko-uchi-gake



4. Armroll – Uke at side of Tori



5. Armroll – Uke in front of Tori

Player's Choice: demonstrate three favourite techniques

Terminology: Hikiwake, Hantei

Contest Rules: two examples of grips against the rules