

BJA Junior Grading Programme

Novice - 1st MON



Fundamental Skills



1. Ushiro Ukemi



2. Osoto-otoshi



3. Kesa-gatame

Performance Skills



1. Osoto-otoshi into Kesa-gatame



2. Kesa-gatame escape by "trapping a leg"

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Rei

Hajime

Matte