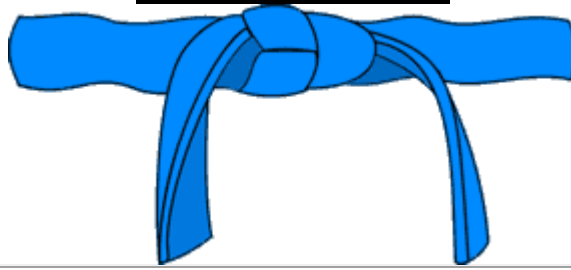


Grading Test 3rd Kyu



Name of Student: _____

Date: _____

Should know by now:

How to say DOJO KUN in Japanese Language

20 Precepts in English

Punches:	Hazami Zuki Nagazhi Zuki Kisami Zuki Kumade Zuki
Kicks:	Mae Tobi Geri Yoko Tobi Geri Ushiro Mawashi Geri
Blocks:	Hijizuri Uke Otoshi Uke
Kata:	Tekki Nidan
Kumite:	Sunbon: 13,14,15,16,17,18
Self Defence:	Breakfalls
All Past Syllabus-Mandatory	Past syllabus will be tested randomly, Includes Dojo Kun etc. Complete Written Assignment
Tameswari (Breaking Technique):	1" with Seiken Zuki 1" with Mae Geri 1" with Forearm 1" with Shuto

Examiner: _____

Total Marks: _____

Sanbon
Thirteen



Attack: right chudan mae geri

Defense: right inner mikazuki geri (outside coming in)

Counter attack: right chudan yoko geri kekome

Sanbon
Fourteen



Attack: right chudan mae geri

Defense: left outer mikazuki geri (inside pushing out)

Counter attack: left jodan yoko geri keage

Sanbon
Fifteen



Attack: right jodan haito uchi

Defense: right age uke in kiba dachi

Counter attack: (lower stance) right chudan yoko geri keage

Kenseikan
Karate-Do
Canada



Sanbon
Sixteen



Attack: right chudan haishu uchi in kiba dachi

Defense: right chudan Tate shuto uke in kokutsu dachi



Counter attack: extend block into nukite uchi to throat step forward chudan hizame zuki to spine

Sanbon
Seventeen



Attack: right jodan kumade uchi
Defense: left jodan hijizuri uke (age uke straightening to punch)

Counter attack: yama zuki

Sanbon
Eighteen



Attack: right chudan age zuki

Defense: left otoshi uke

Counter attack: heiko zuki