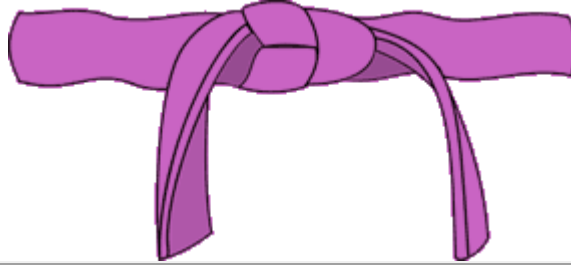


Grading Test 4th Kyu



Name of Student: _____

Date: _____

Punches:	Yama Zuki Awase Zuki Heiko Zuki Haishu Uchi
Kicks:	Mikazuki Geri Gyaku Mawashi Geri
Blocks:	Haishu Uke Tenagashi Uke Tae Osae Uke High and Low Posture Antenna Posture
Kata:	Kensei Godan Heian Godan
Kumite:	Ippon: 14,15 Sunbon: 10,11,12
Self Defence:	Lapel Holds
Past Syllabus-Mandatory	All Past Syllabus will be tested randomly, Kumites included.
Tameswari (Breaking Technique):	1/4" x 4 (Together) with Seiken Zuki

Examiner: _____

Total Marks: _____



Kumite

Attack: Right jodan hiraken uchi
Defense: Jodan shuto juji uke



Fourteen

Counter attack part one:
grasp attacking hand, deliver
left uraken uchi, right hand
pushes attacking hand forward



Counter attack part two:
spin away into kiba dachi
while delivering right uraken
uchi to spine



Attack: Right kin geri
Defense: gedan shuto juji uke

Kumite
Fifteen



Counter attack: grasp then pull leg forward
to displace balance, release and deliver
Sunren zuki (jodan, chudan, chudan)
to opponent while body is moving forward.



Sanbon
Ten

Attack: right jodan heito uchi to temple
Defense: (leaning back) left jodan shotie uke

Counter attack: grasp hand and strike chudan haito uchi
to solar plexis, pull down arm and strike with same hand
and technique to trachea or other accessible vital point

Sanbon
Eleven



Attack: right jodan hiraken uchi
Defense: seiken jodan juji uke

Counter attack: grab hand pull forward and deliver right chudan mae geri followed by
right jodan age zuki

Sanbon
Twelve



Attack: right vertical chudan hiraken uchi
Defense: left chudan morote uke in kokutsu dachi

Counter attack: right chudan mawashi geri followed by quick left fake kage zuki
then full right kage zuki to ribs