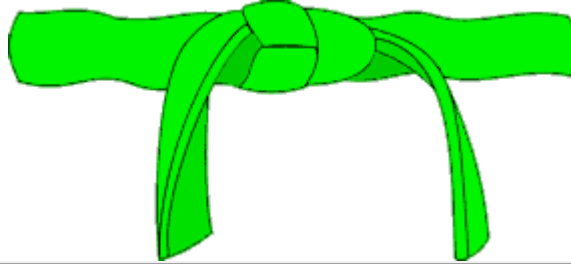


Grading Test 5th Kyu



Name of Student: _____

Date: _____

Punches:	Shotie Uchi Haito Uchi Age Zuki Mawashi Zuki
Kicks:	Fumi Kiri Geri Fumikomi Geri Kin Geri
Blocks:	Seiken Jodan Juji Uke Seiken Gedan Juji Uke Shuto Jodan Juji Uke Shuto Gedan Juji Uke Kakiwake Uke Sukui Uke
Kata:	Kensei Yondan Heian Yondan Tekki Sho
Kumite:	Ippon: 10,11,12,13 Sunbon: 7,8,9
Self Defence:	Hair Grips 1 & 2
Past Syllabus-Mandatory	All of past syllabus and will be tested randomly. Kumites included
Tameswari (Breaking Technique):	1" x 4 = 1 per Direction x 4 (Sheowari)

Examiner: _____

Total Marks: _____



Kumite
Ten



Attack: Right chudan shotie uchi
Defense: Left chudan shotie uke
(Kiba Dachi)

Counter attack: grab wrist and pull down,
Right gyaku kentsui uchi to base of skull



Kumite
Eleven



Attack: Right jodan yoko geri keage (Kiba)
Defense: Dodge kick to rear of opponent
going into kiba dachi

Counter attack: Right chudan
Mae geri to base of spine



Kumite
Twelve



Attack: Right kin geri
Defense: Slide behind attack into kiba dachi
use hand to feint (Suki)

Counter attack: kagi zuki to
floating ribs



Kumite
Thirteen



Attack: Right jodan mae geri
Defense: Seiken gedan juji uke

Counter attack: Morote zuki
(Advance/lower stance)

Sanbon
Seven



Attack: right chudan ura zuki
Defense: right chudan shotie uke

Counter attack: On final shotie defense push hand past body
and immediately follow with left chudan gyaku zuki

Sanbon
Eight



Attack: right jodan uraken uchi
Defense: right jodan shotie uke

Counter attack: On final shotie defense grasp attacking hand
pull downwards and strike with left jodan gyaku zuki

Sanbon
Nine



Attack: right chudan nukite uchi
Defense: left gedan shuto gedan barai

Counter attack: Yori ashi right gyaku jodan ura zuki