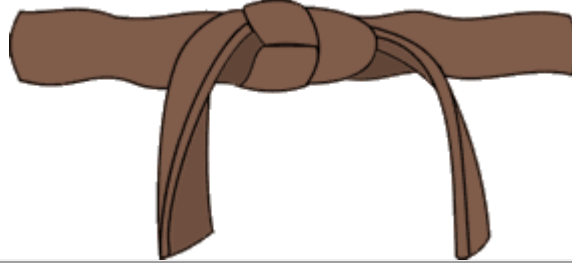


Grading Test 2nd Kyu



Name of Student: _____

Date: _____

AIM: GET READY FOR BLACK BELT GRADING

Punches:	Ippon Ken Uchi Nakadate Ippon Ken Uchi Washide Uchi
Blocks:	Tsukami Uke Gedan Kake Uke (Outer) Gedan Kake Uke (Inner) Morote Sukui Uke
Kata:	Tekki Sandan
Kumite:	Sunbon: 19, 20, 21
Self Defence:	Judo: Throws and Locks Club Attacks
Other:	Complete Written Assignments. Should know all the past lessons. Get ready for BLACK BELT grading
Tameswari (Breaking Technique):	1" with Ushiro Geri 1" with Yoko Geri 1" with Ushiro Mawashi Geri

Examiner: _____

Total Marks: _____

Sanbon
Nineteen



Attack one: right oi zuki
Defense one: left uchi uke



Attack two: right mae geri chudan
Defense two: left gedan barai



Counter attack: right chudan mae geri then right jodan mae geri

Sanbon
Twenty



Attack: right jodan oi zuki and left chudan mae geri
Defense: left jodan uchi uke and right gedan barai



Counter attack: right chudan mae geri then right jodan mawashi geri

Sanbon
Twenty one



Attack: right shuto uchi to the collarbone (stepping forward, front stance)
Block: right shuto age uke (stepping backwards, front stance)



Counter: grab the attacking hand (right hand) and (whilst holding) deliver right chudan mae geri and right jodan mawashi geri