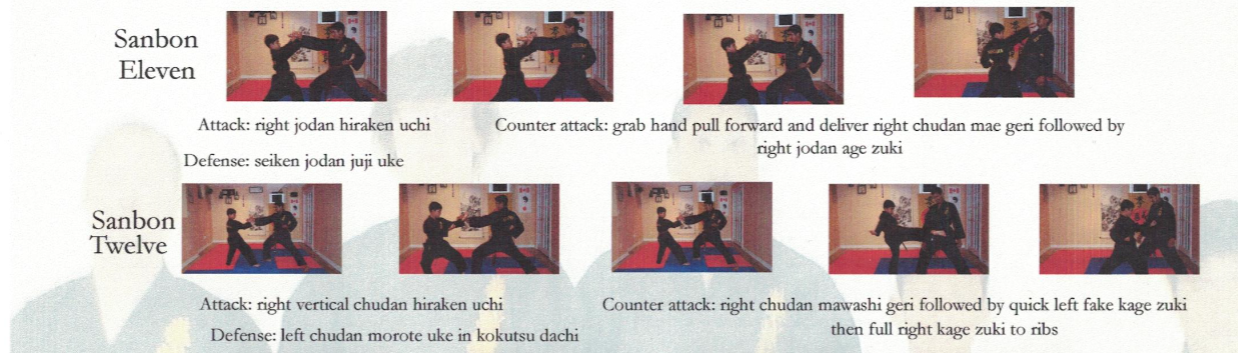
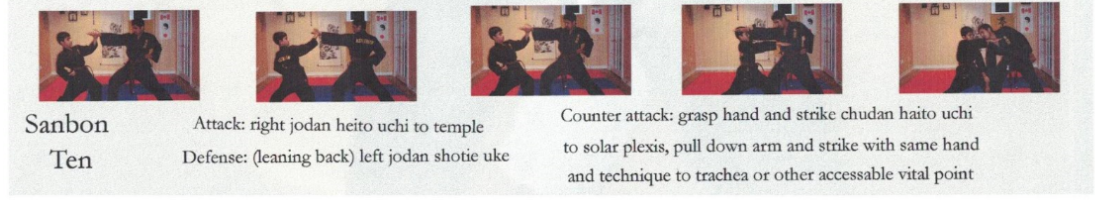
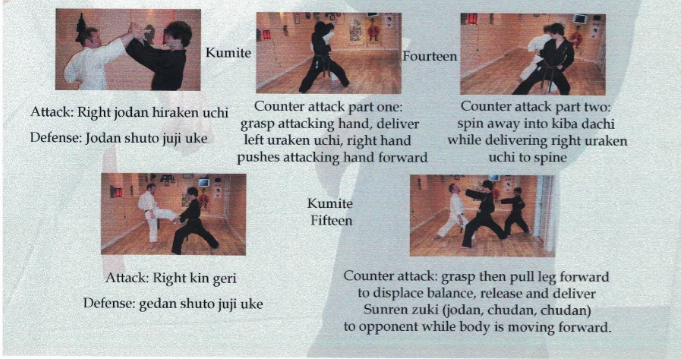
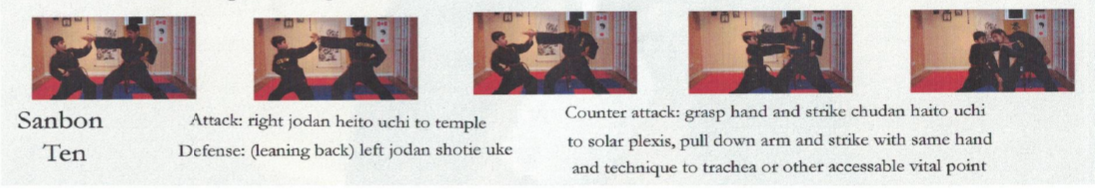
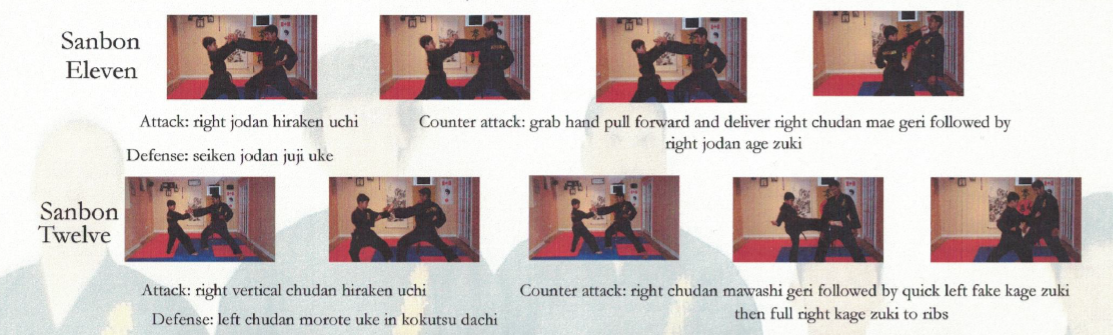
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | |  | |  | |  | |  |  | | --- | --- | | **Grading Test 4th Kyu  C:\Users\Eshan\Documents\Karate Website Stuff\b_purple.gif** | | | **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](https://www.youtube.com/watch?v=QX-oMnSefcc)  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**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |   © Copyright 1998 Karate Do Kenseikan Canada |







right chudan mawashi geri followed by right tate zuki in zenkutsu dachi