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| |  | | --- | |  | |  | |  | |  |  | | --- | --- | | **Grading Test 5th Kyu  C:\Users\Eshan\Documents\Karate Website Stuff\b-green.gif** | | | **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](https://www.youtube.com/watch?v=M2iGz5cQexg)  Heian Yondan   Tekki Shodan | | **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**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |   © Copyright 1998 Karate Do Kenseikan Canada |



