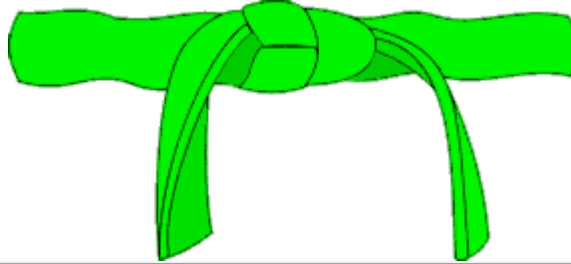


**Grading Test 5th Kyu**



**Name of Student:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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