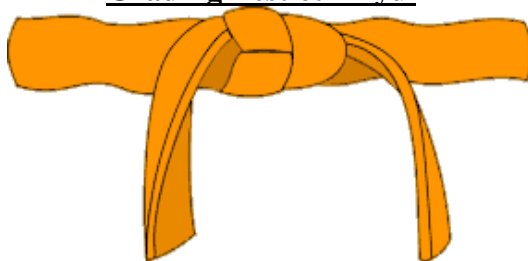


Grading Test 6th Kyu



Name of Student: _____

Date: _____

New: Should know how to count in Japanese 1 to 10

Punches:	Morete Zuki Tate Zuki Kagi Zuki Ura Zuki Hiji/Ate Uchi: Mae, Yoko, Ushiro, Otoshi, Age
Kicks:	Mawashi Geri, Hiza Geri, Ni Tobi Geri
Blocks:	Shotie Uke: Jodan, Chudan, Gedan Uchi Uke Gedan Barai, Haishu Uke, Tate Shuto Uke
Kata:	Kensei Sandan, Heian Sandan
Kumite:	Ippon: 7,8,9 Sunbon: 4,5,6
Self Defence:	Body Holds
Past Syllabus-Mandatory	Should Know all syllabus & will be tested randomly- Includes Kumite, Dojo Kun
Tameswari (Breaking Technique):	1/4" x 3 with Seiken Zuki

Examiner: _____

Total Marks: _____



Kumite
Seven



Counter attack: counter clockwise spin
Jodan yoko Hiji uchi
(Fudo Dachi)

Attack: Right chudan oi zuki
Defense: Left chudan shuto soto uke
(Kokutsu Dachi)



Kumite
Eight



Counter attack: step forward
Jodan hiji uchi mae

Attack: Right chudan oi zuki
Defense: Left chudan uchi uke



Kumite
Nine



Counter attack: Step forward
Jodan hiji uchi age

Attack: Right gedan oi zuki
Defense: Left gedan barai

Sanbon
Four



Attack: Right chudan mawashi geri
Defense: Right chudan soto uke

Counter attack: Spin counter clockwise and attack with a right hiji uchi mae

Sanbon
Five



Attack: right chudan mae geri
Defense: right gedan shotie uchi in kiba dachi

Counter attack: Shuto uchi (inner) to carotid artery or trachea

Sanbon
Six



Attack: right hizagashira
Defense: left gedan shotie uke

Counter attack: sidestep and deliver chudan mawashi geri