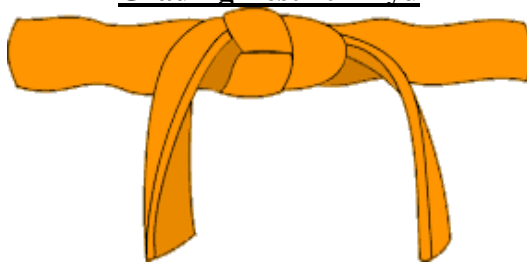


Grading Test 7th Kyu



Name of Student: _____

Date: _____

Dachi = Stances:	Sanchin Dachi
Punches:	Uraken Uchi - Yoko (Side) Vertical Uraken Uchi - Yoko (Side) Horizontal Uraken Uchi - Mae (Front) Nukite Uchi (Spear Hand Strike) Shuto Uchi (Knife Hand Strike - Outer) Shuto Uchi (Knife Hand Strike - Inner)
Kicks:	Yoko Geri Keekomi (Side Thrust Kick) Yoko Geri Keege (Side Snap Kick - High) Ushiro Geri (Reverse Kick)
Blocks:	Morote Uke (Double Hand Block) Shuto Gedan Barai (Knife Hand Down Block) Shuto Soto Uke (Knife Hand Inner Block) Shuto Uchi Uke (Knife Hand Outer Block) Shuto Age Uke (Knife Hand Rising (Upper) Block)
Kata:	Kensei Nidan Heian Nidan
Kumite:	Ippon: 4, 5, 6 Sunbon: 1,2,3
Self Defence:	Neck Holds
Past Syllabus-Mandatory	Should know all Past syllabus & will be tested randomly- Dojo kun, Kumites Included

**Tameswari
(Breaking Technique):**

1/2" x 1 with Seiken Zuki

Examiner: _____

Total Marks: _____



Kumite Four



Attack: Right chudan oi zuki
Defense: Right shuto uke in Zenkutsu Dachi

Counter attack: grab arm with shuto blocking hand, chudan ushiro geri to arm pit (can pull arm forward when delivering ushiro geri)



Kumite Five



Attack: Right jodan oi zuki
Defense: Left age uke

Counter attack: step forward with back leg into fudo dachi (45 degree angle) Mawashi Zuki to temple



Kumite Six



Attack: Right jodan oi zuki
Defense: Left shuto age uke

Counter attack: Yama zuki (Advance stance/lower)

SANBON KUMITE 1-5

Kenseikan Karate-Do Canada



Sanbon One



Attack: Left chudan oi zuki

Defense: Right chudan soto uke

Counter attack: right yoko geri kekomi

Sanbon Two



Attack: Right chudan oi zuki

Defense: Left chudan soto uke

Counter Attack: Right chudan ura zuki to the chest

Sanbon Three



Attack: Right chudan nukite uchi
Defense: Left Shuto uke in kokutsu dachi

Counter Attack: Extend blocking hand into a nukite strike to the throat