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| |  |  | | --- | --- | | **Grading Test 8th Kyu** | | | **Name of Student**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **SHOULD KNOW**: How to do the ceremonial Bow properly.                                 DOJO KUN ENGLISH**Mandatory** | | | **Dachi=Stances**: | Heiko, Nekoashi, Zenkutsu, Kokutsu, Kiba  Heisoku, Musubi, Heiko, Hachiji, Uchi Hachji, Fudo | | **Punches**: | Gyaku Zuki (Reverse Punch), Oie Zuki (Lunge Punch), Ren Zuki  (Repeat punches to chest), Sunren Zuki (Punches to Face, and Chest)  Dan Zuki (repeated punches to Chest from One hand), Jodan Zuki  (Single Punch to Face) | | **Kicks:** | Mae Geri Keekomi  Mae Geri Keege (Front Kick) | | **Blocks:** | Age Uke (Rising/Upper), Soto uke (Outer), Uchi Uke (Inner),  Gedan Barai (Down), Shuto Uke (Knife hand in Kokutsu Dachi) | | **Kata:** | Heian Shodan, [Kensei Shodan](https://www.youtube.com/watch?v=YocB5k_Zgls) | | **Kumites:** | Ippon: 1,2,3 | | **Self Defense:** | How to Defend when wrists are held, both ways | | **Ready Positions:** | Forefist Two Hand Position  Knife Two Hand Position  Jion Position | | **Tameswari**  **(Breaking Technique)** | 1/4" x 1 with Mae Geri | | **Exercises**: | 1) 10 Pushups to be done properly  2) 50 Leg Crosses | | **Examiner**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Total Marks**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |  |

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