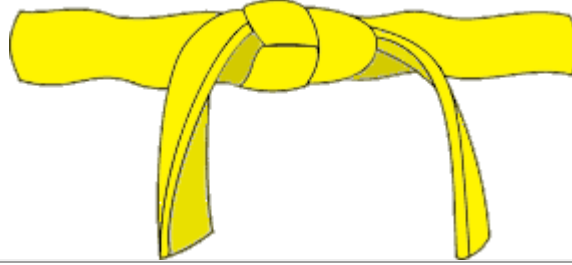


Grading Test 8th Kyu



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
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: _____

組手 KUMITE 1 - 15

"Remember... you are expressing the technique, not doing the technique"
-Bruce Lee

Kenseikan
Karate-Do
Canada



Kumite
One



Counter attack: Right jodan mae geri

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



Kumite
Two



Counter attack: Left chudan mae geri

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



Kumite
Three



Counter attack: Right kin geri

Attack: Right chudan mae geri
Defense: Left gedan barai