

**CORE RANGING FROM 1 TO 10 (1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT)**

<b>STUDENT NAME:</b>									
<b>NEXT GRADE:</b>									
<b>UKE:</b>									

**General Comments:**

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**Kihon Dosa:**

Migi Hanmi Kamae									
Hidari Hanmi Kamae									
Seiza Ho									
(+ Paired for 4th Kyu +) Tai No Henko Ichi									
(+ Paired for 4th Kyu +) Tai No Henko Ni									
(+ Paired for 4th Kyu +) Hiriki No Yosei Ichi									
(+ Paired for 4th Kyu +) Hiriki No Yosei Ni									
(+ Paired for 4th Kyu +) Shumatsu Dosa Ichi									
(+ Paired for 4th Kyu +) Shumatsu Dosa Ni									
Tai No Henko Rensoku Dosa									
Tai Sabaki									
Ashi Sabaki									
Shikko									
Niban Rensoku Dosa									
Suri Ashi									
( 6th Kyu +) Kihon Dosa With Bokken									
(4th Kyu +) Kihon Dosa Rensoku									

**Ukemi Waza:**

Den Guri Gaeshi									
Koho Kaiten Ukemi									
Zempo Ukemi									
(6th Kyu +) Zempo Hyaku Ukemi									
Koho Ukemi									
Katate Koho Ukemi									
Ryote Koho Ukemi									

**7th Kyu:**

Katate Mochi Shihonage Ichi									
Katate Mochi Shihonage Ni									
Shomen Uchi Ikkajo Osae Ichi									
Shomen Uchi Ikkajo Osae Ni									

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6th Kyu:

Ryote Mochi Shihonage Ichi								
Ryote Mochi Shihonage Ni								
Yokomen Uchi Ikkajo Osae Ichi								
Yokomen Uchi Ikkajo Osae Ni								
Katate Mochi Nikajo Osae Ichi								
Katate Mochi Nikajo Osae Ni								
Mune Mochi Sokumen Irimi Nage Ichi								
Mune Mochi Sokumen Irimi Nage Ni								
Weapons - Ken Suburi #1								
Weapons - Ken Suburi #2								
Weapons - Ken Suburi #3								

5th Kyu:

Shomen Uchi Shihonage								
Katate Mochi Ikkajo Osae Ichi								
Katate Mochi Ikkajo Osae Ni								
Shomen Uchi Nikajo Osae Ichi								
Shomen Uchi Nikajo Osae Ni								
Mune Mochi Sankajo Osae Ichi								
Mune Mochi Sankajo Osae Ni								
Shomen Tsuki Irimi Nage Ichi								
Shomen Tsuki Irimi Nage Ni								
Katate Mochi Kokyu Nage Ichi								
Katate Mochi Kokyu Nage Ni								
Yokomen Uchi Kokyu Nage Ichi								
Yokomen Uchi Kokyu Nage Ni								
Weapons - Ken Suburi #4								
Weapons - Ken Suburi #5								
Weapons - Ken Suburi #6								
Weapons - Ken Suburi #7								

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4th Kyu:

Yokomen Uchi Shihonage Ichi								
Yokomen Uchi Shihonage Ni								
Mune Mochi Ikkajo Osae Ichi								
Mune Mochi Ikkajo Osae Ni								
Yokomen Uchi Nikajo Osae Ichi								
Yokomen Uchi Nikajo Osae Ni								
Shomen Uchi Sankajo Osae Ichi								
Shomen Uchi Sankajo Osae Ni								
Shomen Tsuki Sokumen Irimi Nage Ichi								
Shomen Tsuki Sokumen Irimi Nage Ni								
Shomen Uchi Irimi Nage Ichi								
Shomen Uchi Irimi Nage Ni								
Mune Mochi Hiji Jime Osae Ichi								
Mune Mochi Hiji Jime Osae Ni								
Katate Mochi Hiji Ate Kokyu Nage Ichi								
Katate Mochi Hiji Ate Kokyu Nage Ni								
Jiyu Waza - Shomen Tsuki								
Weapons - Kihon Dosa with Bokken								
Weapons - Jo Suburi #1 (Choku Tsuki)								
Weapons - Jo Suburi #2 (Kaeshi Tsuki)								
Weapons - Jo Suburi #3 (Ushiro Tsuki)								
Weapons - Jo Suburi #4 (Tsuki Gedan Gaeshi)								
Weapons - Jo Suburi #5 (Tsuki Jodan Gaeshi)								
Weapons - Jo Suburi #6 (Shomen Uchi Komi)								
Weapons - Jo Suburi #7 (Rensoku Uchi Komi)								
Weapons - Jo Suburi #8 (Men Uchi Gedan Gaeshi)								
Weapons - Jo Suburi #9 (Men Uchi Ushiro Tsuki)								
Weapons - Jo Suburi #10 (Gyaku Yokomen Ushiro Tsuki)								

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3rd Kyu:

Ryote Mochi Shihonage Ichi									
Ryote Mochi Shihonage Ni									
Kata Mochi Ikkajo Osae Ichi									
Kata Mochi Ikkajo Osae Ni									
Mune Mochi Nikajo Osae Ichi									
Mune Mochi Nikajo Osae Ni									
Yokomen Uchi Sankajo Osae Ichi									
Yokomen Uchi Sankajo Osae Ni									
Shomen Uchi Yonkajo Osae Ichi									
Shomen Uchi Yonkajo Osae Ni									
Katate Mochi Sokumen Irimi Nage Ichi									
Katate Mochi Sokumen Irimi Nage Ni									
Yokomen Uchi Irimi Nage Ichi									
Yokomen Uchi Irimi Nage Ni									
Shomen Uchi Hiji Jime Osae Ichi									
Shomen Uchi Hiji Jime Osae Ni									
Shomen Uchi Kote Gaeshi Ichi									
Shomen Uchi Kote Gaeshi Ni									
Shomen Uchi Hiji Ate Kokyu Nage Ichi									
Shomen Uchi Hiji Ate Kokyu Nage Ni									
Suwari Waza - Katate Mochi Nikajo Osae Ichi									
Suwari Waza - Katate Mochi Nikajo Osae Ni									
Jiyu Waza - Shomen Uchi									
Jiyu Waza - Yokomen Uchi									
Weapons - Jo Suburi #11 (Katate Gedan Gaeshi)									
Weapons - Jo Suburi #12 (Katate Toma Uchi)									
Weapons - Jo Suburi #13 (Katate Hachi No Ji Gaeshi)									
Weapons - Jo Suburi #14 (Hasso Gaeshi Uchi)									
Weapons - Jo Suburi #15 (Hasso Gaeshi Tsuki)									
Weapons - Jo Suburi #16 (Hasso Gaeshi Ushiro Tsuki)									
Weapons - Jo Suburi #17 (Hasso Gaeshi Ushiro Uchi)									
Weapons - Jo Suburi #18 (Hasso Gaeshi Ushiro Harai)									

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2nd Kyu:

Ushiro Ryote Mochi Shihonage Ichi								
Ushiro Ryote Mochi Shihonage Ni								
Shomen Tsuki Ikkajo Osae Ichi								
Shomen Tsuki Ikkajo Osae Ni								
Ryote Mochi Nikajo Osae Ichi								
Ryote Mochi Nikajo Osae Ni								
Katate Mochi Sankajo Osae Ichi								
Katate Mochi Sankajo Osae Ni								
Yokomen Uchi Yonkajo Osae Ichi								
Yokomen Uchi Yonkajo Osae Ni								
Shomen Uchi Sokumen Irimi Nage Ichi								
Shomen Uchi Sokumen Irimi Nage Ni								
Yokomen Uchi Hiji Jime Osae Ichi								
Yokomen Uchi Hiji Jime Osae Ni								
Yokomen Uchi Kote Gaeshi Osae Ichi								
Yokomen Uchi Kote Gaeshi Osae Ni								
Shomen Tsuki Hiji Ate Kokyu Nage Ichi								
Shomen Tsuki Hiji Ate Kokyu Nage Ni								
Hanmi Hantachi Katate Mochi Shihonage Ichi								
Hanmi Hantachi Ryote Mochi Shihonage Ni								
Suwari Waza Shomen Uchi Ikkajo Osae Ichi								
Suwari Waza Shomen Uchi Ikkajo Osae Ni								
Suwari Waza Mune Mochi Hiji Jime Osae Ichi								
Suwari Waza Mune Mochi Hiji Jime Osae Ni								
Jiyu Waza - Katate Mochi								
Jiyu Waza - Ryote Mochi								
Weapons - Ken Suburi #1								
Weapons - Ken Suburi #2								
Weapons - Ken Suburi #3								
Weapons - Ken Suburi #4								
Weapons - Ken Suburi #5								
Weapons - Ken Suburi #6								
Weapons - Ken Suburi #7								
Weapons - Jo Suburi #19 (Hidari Nagare Gaeshi Uchi)								
Weapons - Jo Suburi #20 (Migi Nagare Gaeshi Tsuki)								
Weapons - 31 Jo Kata								

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1st Kyu:

Ushiro Ryote Mochi Ikkajo Osae Ichi								
Ushiro Ryote Mochi Ikkajo Osae Ni								
Ryote Mune Mochi Ikkajo Osae Ichi								
Ryote Mune Mochi Ikkajo Osae Ni								
Shomen Tsuki Kata Tsuki Nikajo Osae Ichi								
Shomen Tsuki Kata Tsuki Nikajo Osae Ni								
Ushiro Ryote Mochi Sankajo Osae Ichi								
Ushiro Ryote Mochi Sankajo Osae Ni								
Katate Mochi Yonkajo Osae Ichi								
Katate Mochi Yonkajo Osae Ni								
Hiji Mochi Sokumen Irimi Nage Ichi								
Hiji Mochi Sokumen Irimi Nage Ni								
Ryote Mochi Hiji Jime Osae Ichi								
Ryote Mochi Hiji Jime Osae Ni								
Shomen Tsuki Kote Gaeshi Osae Ichi								
Shomen Tsuki Kote Gaeshi Osae Ni								
Ryote Mochi Kokyu Nage Ichi								
Ryote Mochi Kokyu Nage Ni								
Suwari Waza Shomen Uchi Nikajo Osae Ichi								
Suwari Waza Shomen Uchi Nikajo Osae Ni								
Suwari Waza Yokomen Uchi Sankajo Osae Ichi								
Suwari Waza Yokomen Uchi Sankajo Osae Ni								
Suwari Waza Shomen Tsuki Hiji Jime Osae Ichi								
Suwari Waza Shomen Tsuki Hiji Jime Osae Ni								
Suwari Waza Mune Mochi Sokumen Irimi Nage Ichi								
Suwari Waza Mune Mochi Sokumen Irimi Nage Ni								
Jiyu Waza - Shomen Uchi								
Jiyu Waza - Shomen Tsuki								
Jiyu Waza - Ryote Mochi								
Weapons - 13 Jo Kata								
Weapons - Awase #1 (Migi No Awase)								
Weapons - Awase #2 (Hidari No Awase)								
Weapons - Awase #3 (Go No Awase)								
Weapons - Awase #4 (Shichi No Awase)								