

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>							

**Kihon Dosa:**

Migi Hanmi Kamae							
Hidari Hanmi Kamae							
Seiza Ho							
(+ Paired for 1st Kyu +) Tai No Henko Ichi							
(+ Paired for 1st Kyu +) Tai No Henko Ni							
(+ Paired for 1st Kyu +) Hiriki No Yosei Ichi							
(+ Paired for 1st Kyu +) Hiriki No Yosei Ni							
(+ Paired for 1st 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							
(5th 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							

1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT

STUDENT NAME:

NEXT GRADE:

UKE:

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							
Ken Suburi #1							
Ken Suburi #2							
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							
Ken Suburi #4							
Ken Suburi #5							
Ken Suburi #6							
Ken Suburi #7							

1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT

STUDENT NAME:

NEXT GRADE:

UKE:

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							
Kihon Dosa with Bokken							
Jo Suburi #1 (Choku Tsuki)							
Jo Suburi #2 (Kaeshi Tsuki)							
Jo Suburi #3 (Ushiro Tsuki)							
Jo Suburi #4 (Tsuki Gedan Gaeshi)							
Jo Suburi #5 (Tsuki Jodan Gaeshi)							
Jo Suburi #6 (Shomen Uchi Komi)							
Jo Suburi #7 (Rensoku Uchi Komi)							
Jo Suburi #8 (Men Uchi Gedan Gaeshi)							
Jo Suburi #9 (Men Uchi Ushiro Tsuki)							
Jo Suburi #10 (Gyaku Yokomen Ushiro Tsuki)							

1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT

STUDENT NAME:

NEXT GRADE:

UKE:

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							
Jo Suburi #11 (Katate Gedan Gaeshi)							
Jo Suburi #12 (Katate Toma Uchi)							
Jo Suburi #13 (Katate Hachi No Ji Gaeshi)							
Jo Suburi #14 (Hasso Gaeshi Uchi)							
Jo Suburi #15 (Hasso Gaeshi Tsuki)							
Jo Suburi #16 (Hasso Gaeshi Ushiro Tsuki)							
Jo Suburi #17 (Hasso Gaeshi Ushiro Uchi)							
Jo Suburi #18 (Hasso Gaeshi Ushiro Barai)							

1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT

STUDENT NAME:

NEXT GRADE:

UKE:

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							
Suwaru Waza Shomen Uchi Ikkajo Osae Ichi							
Suwaru Waza Shomen Uchi Ikkajo Osae Ni							
Suwaru Waza Mune Mochi Hiji Jime Osae Ichi							
Suwaru Waza Mune Mochi Hiji Jime Osae Ni							
Jiyu Waza - Katate Mochi							
Jiyu Waza - Ryote Mochi							
Ken Suburi #1 - Ken Suburi #7							
Jo Suburi #19 (Hidari Nagare Gaeshi Uchi)							
Jo Suburi #20 (Migi Nagare Gaeshi Tsuki)							
31 Jo Kata							

1:FAIL;2:UNACCEPTABLE;3:POOR;4:BELOW AVERAGE;5:AVERAGE;6:GOOD;7:VERY GOOD;8:EXCELLENT;9:EXCEPTIONAL;10:PERFECT

STUDENT NAME:

NEXT GRADE:

UKE:

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							
Suvari Waza Shomen Uchi Nikajo Osae Ichi							
Suvari Waza Shomen Uchi Nikajo Osae Ni							
Suvari Waza Yokomen Uchi Sankajo Osae Ichi							
Suvari Waza Yokomen Uchi Sankajo Osae Ni							
Suvari Waza Shomen Tsuki Hiji Jime Osae Ichi							
Suvari Waza Shomen Tsuki Hiji Jime Osae Ni							
Suvari Waza Mune Mochi Sokumen Irimi Nage Ichi							
Suvari Waza Mune Mochi Sokumen Irimi Nage Ni							
Jiyu Waza - Shomen Uchi							
Jiyu Waza - Shomen Tsuki							
Jiyu Waza - Ryote Mochi							
13 Jo Kata							
Awase #1 - Awase #4							