

SCORE 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)

STUDENT NAME:

NEXT GRADE:

UKE?

General Comments:

Zempo Ukemi 6th Kyu+

Zempo Hyaku Ukemi 5th Kyu+

Kihon Dosa Rensoku 3rd Kyu+

***Must be adapted for juniors**

No high floor (arm) locks for juniors

No holding on both sides of wrist joint, only elbow side

8th Kyu 1 Mon

+Migi Hanmi Kamae

+Hidari Hanmi Kamae

+Seiza Ho

+Shikko

+Koho Ukemi

+Katate Koho Ukemi

+Ryote Koho Ukemi

8th Kyu 2 Mon

+Tai Sabaki

+Suri Ashi

+Den Guri Gaeshi

8th Kyu 3 Mon

+Tai No Henko Ichi

+Tai No Henko Ni

+Niban Rensoku Dosa

+Koho Kaiten Ukemi

7th Kyu:

+Hiriki No Yosei Ichi

+Hiriki No Yosei Ni

+Tai No Henko Rensoku Dosa

+Ashisabaki

7th Kyu 1 Mon:

Katate Mochi Irimi Tsuki

7th Kyu 2 Mon:

Shomen Tsuki Ushiro Nage

7th Kyu 3 Mon:

Shomen Uchi Ikkajo Osae Ichi

Shomen Uchi Ikkajo Osae Ni

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6th Kyu:

+Shumatsu Dosa Ichi

+Shumatsu Dosa Ni

+Zempo Ukemi

*Katate Mochi Shihonage Ichi

*Katate Mochi Shihonage Ni

6th Kyu 1 Mon:

Yokomen Uchi Ikkajo Osae Ichi

Yokomen Uchi Ikkajo Osae Ni

6th Kyu 2 Mon:

Ryote Mochi Tenchi Nage Ichi

Ryote Mochi Tenchi Nage Ni

6th Kyu 3 Mon:

Mune Mochi Sokumen Irimi Nage Ichi

Mune Mochi Sokumen Irimi Nage Ni

5th Kyu:

+Zempo Hyaku Ukemi

*Ryote Mochi Shihonage Ichi

*Ryote Mochi Shihonage Ni

*Shomen Uchi Shihonage

5th Kyu 1 Mon:

Katate Mochi Ikkajo Osae Ichi

Katate Mochi Ikkajo Osae Ni

5th Kyu 2 Mon:

Shomen Tsuki Irimi Nage Ichi

Shomen Tsuki Irimi Nage Ni

5th Kyu 3 Mon:

Katate Mochi Kokyu Nage Ichi

Katate Mochi Kokyu Nage Ni

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4th Kyu:

*Yokomen Uchi Shihonage Ichi

*Yokomen Uchi Shihonage Ni

Weapons - Kihon Dosa with Bokken

Jiyu Waza - Shomen Tsuki

4th Kyu 1 Mon:

Mune Mochi Ikkajo Osae Ichi

Mune Mochi Ikkajo Osae Ni

4th Kyu 2 Mon:

Shomen Tsuki Sokumen Irimi Nage Ichi

Shomen Tsuki Sokumen Irimi Nage Ni

4th Kyu 3 Mon:

Shomen Uchi Irimi Nage Ichi

Shomen Uchi Irimi Nage Ni

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3rd Kyu:

+Kihon Dosa Rensoku

Yokomen Uchi Kokyu Nage Ichi

Yokomen Uchi Kokyu Nage Ni

Jiyu Waza - Shomen Uchi

3rd Kyu 1 Mon:

*Katate Mochi Hiji Ate Kokyu Nage Ichi

*Katate Mochi Hiji Ate Kokyu Nage Ni

Kata Mochi Ikkajo Osae Ichi

Kata Mochi Ikkajo Osae Ni

Weapons - Ken Suburi #1

Weapons - Ken Suburi #2

Weapons - Ken Suburi #3

3rd Kyu 2 Mon:

Katate Mochi Sokumen Irimi Nage Ichi

Katate Mochi Sokumen Irimi Nage Ni

Yokomen Uchi Irimi Nage Ichi

Yokomen Uchi Irimi Nage Ni

Weapons - Ken Suburi #4

Weapons - Ken Suburi #5

3rd Kyu 3 Mon:

*Shomen Uchi Kote Gaeshi Ichi

*Shomen Uchi Kote Gaeshi Ni

*Shomen Uchi Hiji Ate Kokyu Nage Ichi

*Shomen Uchi Hiji Ate Kokyu Nage Ni

Weapons - Ken Suburi #6

Weapons - Ken Suburi #7

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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

Jiyu Waza - Yokomen Uchi

2nd Kyu 1 Mon:

Shomen Uchi Sokumen Irimi Nage Ichi

Shomen Uchi Sokumen Irimi Nage Ni

*Yokomen Uchi Kote Gaeshi Osae Ichi

*Yokomen Uchi Kote Gaeshi Osae Ni

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)

2nd Kyu 2 Mon:

*Shomen Tsuki Hiji Ate Kokyu Nage Ichi

*Shomen Tsuki Hiji Ate Kokyu Nage Ni

*Hanmi Hantachi Katate Mochi Shihonage Ichi

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)

2nd Kyu 3 Mon:

Shomen Tsuki Irimi Tsuki Ichi

Shomen Tsuki Irimi Tsuki Ni

*Hanmi Hantachi Ryote Mochi Shihonage Ni

Weapons - Jo Suburi #11 (Katate Gedan Gaeshi)

Weapons - Jo Suburi #12 (Katate Toma Uchi)

Weapons - Jo Suburi #13 (Katate Hachi No Ji Gaeshi)

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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

Jiyu Waza - Katate Mochi

1st Kyu 1 Mon:

Hiji Mochi Sokumen Irimi Nage Ichi

Hiji Mochi Sokumen Irimi Nage Ni

*Shomen Tsuki Kote Gaeshi Osae Ichi

*Shomen Tsuki Kote Gaeshi Osae Ni

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)

1st Kyu 2 Mon:

Ryote Mochi Kokyu Nage Ichi

Ryote Mochi Kokyu Nage Ni

Ushiro Ryote Mochi Kokyu Nage Ichi

Ushiro Ryote Mochi Kokyu Nage Ni

Weapons - Jo Suburi #19 (Hidari Nagare Gaeshi Uchi)

Weapons - Jo Suburi #20 (Migi Nagare Gaeshi Tsuki)

1st Kyu 3 Mon:

Jiyu Waza - Ryote Mochi

Weapons - 31 Jo Kata