

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)

STUDENT NAME:

NEXT GRADE:

General Comments:

*+Required for all gradings 7th Kyu+  
Kihon Dosa Rensoku for 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 No Henko Ichi  
+Tai No Henko Ni  
+Tai Sabaki  
+Suri Ashi  
+Koho Kaiten Ukemi*

8th Kyu 3 Mon

*+Hiriki No Yosei Ichi  
+Hiriki No Yosei Ni  
+Tai No Henko Rensoku Dosa  
+Niban Rensoku Dosa  
+Den Guri Gaeshi*

7th Kyu:

*+Shumatsu Dosa Ichi  
+Shumatsu Dosa Ni  
+Zempo Ukemi  
+Ashisabaki  
Shomen Tsuki Ushiro Nage*

7th Kyu 1 Mon:

Katate Mochi Irimi Tsuki

7th Kyu 2 Mon:

*\*Katate Mochi Shihonage Ichi  
\*Katate Mochi Shihonage Ni*

7th Kyu 3 Mon:

Shomen Uchi Ikkajo Osae Ichi  
Shomen Uchi Ikkajo Osae Ni

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STUDENT NAME:

NEXT GRADE:

General Comments:

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<b>6th Kyu:</b>									
	Tai No Henko Ichi (Paired)								
	Tai No Henko Ni (Paired)								
	Zempo Hyaku Ukemi								
	*Ryote Mochi Shihonage Ichi								
	*Ryote Mochi Shihonage Ni								

<b>6th Kyu 1 Mon:</b>									
	Yokomen Uchi Ikkajo Osae Ichi								
	Yokomen Uchi Ikkajo Osae Ni								

<b>6th Kyu 2 Mon:</b>									
	Ryote Mochi Tenchi Nage Ichi								
	Ryote Mochi Tenchi Nage Ni								

<b>6th Kyu 3 Mon:</b>									
	Mune Mochi Sokumen Irimi Nage Ichi								
	Mune Mochi Sokumen Irimi Nage Ni								

<b>5th Kyu:</b>									
	Hiriki No Yosei Ichi (Paired)								
	Hiriki No Yosei Ni (Paired)								
	*Shomen Uchi Shihonage								

<b>5th Kyu 1 Mon:</b>									
	Katate Mochi Ikkajo Osae Ichi								
	Katate Mochi Ikkajo Osae Ni								

<b>5th Kyu 2 Mon:</b>									
	Shomen Tsuki Irimi Nage Ichi								
	Shomen Tsuki Irimi Nage Ni								

<b>5th Kyu 3 Mon:</b>									
	Katate Mochi Kokyu Nage Ichi								
	Katate Mochi Kokyu Nage Ni								







