



# Hans de Jong Self Defence School

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_

**AIKIDO**  
**IKKYU 1ST KYU BROWN BELT**  
**Part 1 of 2 parts**

**Sutemi waza**

Sode dori	Hiji kudaki sutemi	_____
Sode dori mawashi tsuki	Ude oshi sutemi	_____
Eri dori mawashi tsuki	kubi ude kake sutemi	_____
Gedan oi tsuki	Uchi hazu oshi	_____
Oi tsuki	Dosoku hiji dori	_____
Oi tsuki	Kubi dori sutemi	_____
Oi tsuki	Kubi kake sutemi	_____
Oi tsuki	Tawara gaeshi	_____
Mae kubi tsukomi shime	Yoko guruma	_____

**Jodori**

Tsuki	Shiho nage	_____
Tsuki	Kote kudaki	_____

**Kendori**

Kirioroshi	Kote kudaki	_____
Kirioroshi	Hiji kudaki	_____

**TOTAL**

Examiners Name \_\_\_\_\_

Pass/Regrade