



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

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

Kenjutsu
Reiho

Hairei _____
Shirei _____
Torei _____
Taito _____

Suwari waza

Seiza _____
Tatehiza _____

Kamae

Seigan _____
Jodan _____
Gedan _____
Waki _____
Hasso _____

Iai kihon

Nuki tsuki _____
Kiri oroshi _____
Chiburi _____
Noto _____

Kata

Happoken _____

Reiho

Datto _____

Suwari waza

Tsuki komi _____
Kiri komi _____
Yoko tsuki _____

Suri age - hara gatame _____
Waki gatame _____
Hara gatame _____

Antachi waza

Jun katate dori _____

Niho nage _____

Yakusoku Geiko

Te waza _____
Nage waza _____
Sutemi waza _____

Kakari Geiko

1 × 3 minutes _____
1 × 3 minutes _____
1 × 3 minutes _____

TOTAL

Examiners Name _____

Pass/Regrade