



# Hans de Jong Self Defence School

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

**AIKIDO**  
**NIKYU 2ND KYU BLUE BELT**  
**Part 1 of 2 parts**

**Antachi waza**

Shomen uchi  
Yokomen uchi

Yuki chigai  
Shiho nage

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**Ukemi**

Ushiro morote gari  
Ashi domoe  
Tai otoshi

Mae ukemi  
Hashi ukemi  
Yoko ukemi

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**Kuzushi - waza**

Jun katate dori  
Dosoku katate dori  
Gyaku katate dori  
Ushiro ryote dori  
Mae ryote dori - ue  
Mae ryote dori - shita  
Morote dori  
Eri dori  
Ryote eri dori  
Morote eri dori  
Sode dori - ue  
Sode dori - shita

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**Hazushi - waza**

Jun katate dori  
Dosoku katate dori  
Gyaku katate dori  
Ushiro ryote dori  
Mae ryote dori  
Morote dori  
Eri dori  
Morote eri dori  
Sode dori - ue  
Sode dori - shita

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**Nage waza**

Mukae daoshi  
Do gaeshi  
Kata guruma - tachi  
Kata guruma - antachi  
Kaiten nage  
O uchi gake  
Ko uchi gake  
Tai otoshi

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**Sutemi waza**

Hiji kake nage - uchi  
Uchi waki tori nage - uchi  
Ude maki nage - soto  
Kubi shime nage - soto  
Ashi domoe

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**TOTAL**

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

Pass/Regrade