



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

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

Shitei Randori

Robuse	_____
Hiji kudaki	_____
Kote kudaki	_____
Ude garami	_____
Mukae daoshi	_____
Shiho nage	_____
Koshi gaeshi nage	_____
O goshi (Tsuru komi) nage	_____
Seoi nage	_____

Jiyu Randori

Jodan tsuki	_____
Chudan tsuki	_____
Gedan tsuki	_____

Tantodori

Tsuki	Kote gaeshi	_____
	Kote gaeshi	_____
	Kote kudake	_____
Tsuki age	Hiji kudake	_____
	Kote kudake	_____
Shita tsuki	Kote gaeshi	_____
	Hiji kudake - nagashi	_____
	Hiji kudake - irimi	_____
Harai tsuki	Yuki chigai	_____
	Ude gaeshi	_____
Ura uchi	Yuki chigai	_____
Yoko uchi	Shiho nage	_____

TOTAL

Examiners Name _____

Pass/Regrade