



# Hans de Jong Self Defence School

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

## AIKIDO

### YONKYU 4TH KYU ORANGE BELT

Techniques - left or right, inside or outside where appropriate.

#### **KIHON**

##### **Wanryoku Yosei**

Mae ryote dori	Mae irimi nage	_____
Mae ryote dori	Ushiro irimi nage	_____
Dosoku katate dori	Robuse dori	_____

##### **Taisabaki - Atemi waza**

Tsuki	Nagashi - soto - gyaku tsuki	_____
Tsuki	Nagashi - uchi - uraken ate	_____
Tsuki	Hiraki - soto - yoko geri	_____
Tsuki	Hiraki - uchi - mae geri	_____
Tsuki	Irimi - soto - mawashi hiji ate	_____
Tsuki	Irimi - uchi - yoko hiji ate	_____
Tsuki	Irimi senkai - soto - ushiro mawashi hiji ate	_____
Tsuki	Irimi senkai - uchi - ushiro hiji ate	_____
Tsuki	O irimi senkai - hiza ate	_____

##### **Suwari waza**

Kata dori	Atemi	_____
Mae ryote dori	Keri - waki gatame	_____
Tsuki kake	Suri age - hara gatame	_____
Suri age	Keri - hiza gatame	_____

#### **WAZA**

##### **Ukemi**

Seiza	Ushiro ukemi	_____
Oshi ageru	Yoko ukemi	_____
Kote gaeshi	Zenpo kaiten ukemi	_____

##### **Te waza**

Yuki chigai	_____
Kote kudaki	_____
Ude garami	_____

##### **Nage waza**

Genseki Otoshi	_____
Koshi gaeshi	_____
O soto gari	_____
Mukae daoshi	_____

##### **Ketsugo waza**

Hiji kudaki - kote kudaki	_____
Kote gaeshi - hiji kudaki	_____
Kote gaeshi - hiji kudaki - gyaku	_____
Kote gaeshi - ude garami - henka waza	_____

##### **Shitei Randori**

Ude gaeshi	_____
Ude garami - henka waza	_____
Kote gaeshi	_____
Hiji kudaki	_____

#### **TOTAL**

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

Pass/Regrade