



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

AIKIDO

GOKYU 5TH KYU YELLOW BELT

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

KIHON

Wanryoku Yosei

Jun katate dori	Aiki no taiso	_____
Dosoku katate dori	Aiki no taiso	_____
Jun katate dori	Ushiro hiki otoshi	_____
Mae ryote dori	Mae irimi nage	_____

Taisabaki

Tsuki	Nagashi - hiki uke	_____
Tsuki	Hiraki - tome uke	_____
Tsuki	Irimi - oshi uke	_____
Tsuki	Irimi senkai - tori uke	_____
Tsuki	O irimi senkai - harai uke	_____

Suwari waza

Tsukomi kakari	_____
Mae ryote dori - 5 ways	_____

WAZA

Ukemi

Zenpo kaiten ukemi - mukae	_____
Koho kaiten ukemi - maiken	_____
Mae ukemi	_____
Ushiro ukemi	_____
Yoko ukemi - shogai	_____
Zenpo kaiten ukemi - shogai	_____

Kata

Happo ken - zenkutsu dachi	_____
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Tehodoki

Jun katate dori	Tegatana	_____
Gyaku katate dori	Gyaku tsuki	_____
Dosoku katate dori	Kote kudaki	_____
Eri dori	Kote gaeshi	_____
Ushiro ryote dori	Yuki chigai	_____
Ushiro wate kumi tsuki	Seoi nage	_____
Ushiro wate kumi tsuki	Ko uchi gari	_____

Te waza

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

Nage waza

Seoi Nage	_____
O goshi nage	_____
Ko uchi gari	_____
Ko soto gari	_____

TOTAL

Examiners Name _____

Pass/Regrade