



# Hans de Jong Self Defence School

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

## AIKIDO

### ROKKYU 6TH KYU RED BELT

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

#### **KIHON**

##### **Wanryoku Yosei**

Dosoku katate dori	Nigiri gaeshi	_____
Morote dori - suihei	Robuse	_____
Dosoku katate dori	Aiki no taiso	_____

##### **Taisabaki**

Tsuki	Nagashi	_____
Tsuki	Hiraki	_____
Shomen Uchi	Irimi	_____
Shomen Uchi	Irimi senkai	_____

##### **Suwari waza**

Jun katate dori	_____
Mae kubi tsukomi jime	_____
Eri dori yokomen uchi	_____

#### **WAZA**

##### **Ukemi**

Zenpo kaiten ukemi - mukae	_____
Zenpo kaiten ukemi - nige	_____
Koho kaiten ukemi - maiken	_____
Koho kaiten ukemi - koutai	_____
Yoko ukemi	_____

##### **Kata**

Happo ken - shizentai	_____
Sanbo geri	_____

##### **Tehodoki**

Jun katate dori	_____
Dosoku katate dori	_____
Gyaku katate dori	_____
Ushiro ryote dori	_____
Ushiro kubi jime kata te dori	_____
Ushiro watte kumi tsuki	_____
Eri dori	_____
Sode dori shita	_____
Sode dori ue	_____

##### **Te waza**

Jun katate dori	Hiji kudaki	_____
Gyaku katate dori	Hiji kudaki	_____
Ushiro ryote dori	Hiji kudaki	_____
Ushiro ryote dori	Hiji kudaki - gyaku	_____

#### **TOTAL**

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

Pass/Regrade