



# Hans de Jong Self Defence School

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

## ICHIMON 1ST MON YELLOW AND WHITE BELT

*All defences can be asked to be shown left, right, inside and/or outside*

### Breakfalls (Ukemi)

Forwards roll \_\_\_\_\_

Backwards roll \_\_\_\_\_

### Body Movements (Taisabaki)

Flowing \_\_\_\_\_

Entering \_\_\_\_\_

### Basic Blocks and Attacks (Uke waza and atemi)

Punch - with step \_\_\_\_\_

Front snap kick \_\_\_\_\_

-----*(This section requires attackers)*-----

### Unbalancing (Kuzushi)

Normal single wrist grip                      Normal \_\_\_\_\_

### Locking Techniques (Kansetsu waza) - demonstrate with two attackers

Top Strike                                      Wrist twist \_\_\_\_\_

Low Punch                                      Wrist twist \_\_\_\_\_

### Etiquette and Conduct \_\_\_\_\_

**TOTAL**

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

Pass/Regrade