



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

NIKYU MURASAKI OBI Part 1 of 2 parts

Kime no kata

Ukemi

3 Zenpo kaiten ukemi	_____	_____	_____	_____
3 Koho kaiten ukemi	_____	_____	_____	_____
3 Sokoho kaiten ukemi	_____	_____	_____	_____
3 Mae ukemi	_____	_____	_____	_____
3 Ushiro ukemi	_____	_____	_____	_____
3 Yoko ukemi	_____	_____	_____	_____
3 O mae ukemi	_____	_____	_____	_____

Kuzushi

3 Jun	_____	_____	_____	_____
3 Dosoku	_____	_____	_____	_____
3 Gyaku	_____	_____	_____	_____
3 Ushiro	_____	_____	_____	_____

Kansetsuwaza

- demonstrate 5 locks at random from any applicable attack, left and right.

Tekubi hinerri	Kote hineri	_____
Ude Gaeshi	Ude Kujiki	_____
Tekubi te nage	Ude garami henka waza	_____
Tekubi hishigi	Ude garami	_____
Yoko tekubi hishigi		_____

Itsutsu no kata

Nagashi	Soto	Hiki otoshi	_____
	Uchi	Kubi otoshi	_____
Okuri	Soto	Waki tori nage	_____
	Uchi	Kakato gaeshi	_____
Irimi	Soto	Ko soto gari	_____
	Uchi	Ko uchi gari	_____
Irimi senkai	Soto	Ude hiji nage	_____
	Uchi	O goshi nage	_____
O irimi senkai		Ushiro kata otoshi	_____
		Tobi nori sutemi	_____

Kata

Wakai no kata	Technical analysis	_____
	Execution of technique	_____

TOTAL

Examiners Name _____

Pass/Regrade