



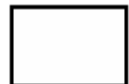
Hans de Jong Self Defence School

Surname: _____ Given Name: _____

NIKYU MURASAKI OBI Part 2 of 2 parts

Tehodoki	Ryo te dori ushiro	Te gatame ude kujiki	_____
Kubitsukamishime	Mae, uke kawashi	Yoko tomoe nage atemi	_____
	Ushiro	Tegatana tsurigane atemi	_____
	Ushiro	Kake te - kobushi ate ka yubisaki ate	_____
	Ushiro	Fumi waza shitsu	_____
	Yoko	Uchi mata jumonji gatame ude kujiki	_____
	Antachi ue	Kobushi ate sekito ate	_____
	Antachi ue	Haito ate	_____
	Antachi ue	Yubisaki ate tekubi hishigi	_____
Kubishime	Yoko	Atemi sukui nage tokuiwaza	_____
Tsuki	Jodan mae	Kawashi waza kakato ate	_____
	Jodan yoko	Kawashi waza kakato ate	_____
Ushirotori	Takai	Kawashi waza hiji ate suigetsu tettsui ate hiji	_____
Maetori	Kakari	Morote uke ka moroude uke - o soto gari	_____
Kidori	Ryo sode	Ude garami henka waza	_____
Antachiwaza	Ue, zenpo ka yoko	Ude gatame ashi kujiki	_____
	Kuginuki	Hiji ate atemi	_____
	Kuginuki	Kubi gaeshi hishige	_____
	Kuginuki	Ashikubi hishigi	_____
Sukui	Nagai	Tegatana ka kobushi ate	_____
	Mijikai	Hiji ate ka uraken	_____
Keri	Mae sekito	Morote tori uke ashikubi ate	_____
	Mae hiza	O uchi gari atemi ka kensetsu waza	_____
Tantodori	Tsukikomi	Soto kagi geri ka mikazuki geri, yoko tekubi hishigi ka ude kujiki	_____
	Tsukikomi	Uchi mata geri, yoko tekubi ka ude, kujiki	_____
Emonodori	Pisutoru ushiro	Soto tekubi hishigi hiza ate	_____
	Pisutoru ushiro	Uchi ura ude gatame ude kujiki	_____
Kendori	Kiri oroshi	Tai ka hara, gatame ude kujiki	_____
Kogekiwaza		Kakato ate	_____
		Hasami gaeshi	_____
Mekura no waza		10 techniques	_____
Renzokuwaza	Tomoe nage hiza gatame	Hiza gatame ude kujiki	_____
	Ude kujiki	Ashi gatame ude kujiki	_____
		Dojime	_____
		Kami jumonji gatame ude kujiki	_____
Kansetsuwaza			
Seoi nage	Ashi gatame ude kugiki - hiza gatame ude kujiki - tekubi hishigi - tai gatame ude kujiki - jumonji gatame ude kujiki	(avg)	_____
Te guruma	Kubi hishigi - tekubi hishigi - tai gatame ude kujiki - jumonji gatame ude kujiki - tekubi hishigi	(avg)	_____

TOTAL



Examiners Name _____

Pass/Regrade