



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

NIMON 2ND MON BLUE AND WHITE BELT

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

Breakfalls (Ukemi)

Forwards roll	_____
Backwards roll	_____
Forwards flat	_____
Backwards flat	_____

Basic Blocks and Attacks (Uke waza and atemi)

Middle inside block	_____
Middle outside block	_____
Front roundhouse kick	_____

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

Body Movements (Taisabaki) - with attacker & using pushing, pulling or grabbing block

Flowing	_____
Entering	_____
Entering rotation	_____

Unbalancing (Kuzushi)

Normal single wrist grip	Normal	_____
Same side single wrist grip	Same side	_____

Basic Blocks and Attacks (Uke waza and atemi)

Front snap kick	Flowing - brushing block	_____
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Locking Techniques (Kansetsu waza) - demonstrate with two attackers

Normal single wrist grip	Wrist twist	_____
Low Punch	Forearm twist	_____

Etiquette and Conduct

TOTAL

Examiners Name _____

Pass/Regrade