



# Hans de Jong Self Defence School

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

## SANKYU DAIDAIORO OBI

<b>Tehodoki</b>	Ryo te dori	Kata gatame ude kujiki	_____
<b>Renkowaza</b>	Yoko	Ude gaeshi	_____
	Yoko	Ura kubi kujiki	_____
	Yoko	Tekubi hishigi - ude garami henka waza	_____
	Yoko	Ashi gatame ude kujiki ka kataha jime	_____
<b>Kubitsukamishime</b>	Mae	Tai otoshi	_____
	Ushiro	Kakewake - morote kata kujiki	_____
	Yoko	Kata seoi nage - tekubi hineri - ude garami	_____
	Ryote kabe	Ryo te gatame ude kujiki	_____
	Antachi mae	Ura jumonji gatame ude kujiki	_____
<b>Kubishime</b>	Kata mawashi	Kawashi waza - ura te gatame kata kujiki ka ura ude gatame ude kujiki	_____
	Ushiro	Yoko guruma - morote kata kujiki	_____
<b>Tsuki</b>	Dosoku	Atemi - o soto gari ka ko uchi gari	_____
	Jun	Atemi - o soto gari - tokuiwaza	_____
<b>Ushirotori</b>	Hikui	Kawashi waza - ashi hiki - ashi hineri	_____
<b>Maetori</b>		Atemi - o goshi - atemi	_____
<b>Kidori</b>	Sode	O soto gari	_____
<b>Antachiwaza</b>	Zenpo	Guruma gaeshi	_____
	Sokuho	Ude gatame ashi kujiki	_____
<b>Sukui</b>	Tsukikomi	Ude garami henka waza ka tekubi hishigi	_____
	Tsukikomi	Morote gatame ude kujiki	_____
	Tsukikomi	Tawara gaeshi	_____
<b>Keri</b>	Mawashi geri	Kawashi waza - hiza hineri	_____
<b>Osaekomi</b>		Tome uke - atemi - kawashi waza - atemi	_____
<b>Tantotori</b>	Tsukikomi	Nagashi uke ka irimi uke - ude garami henka waza	_____
	Kirikomi	Nagashi uke - geri - hiji ate	_____
	Kirikomi	Nagashi uke - geri - ude ate	_____
<b>Hanbotori</b>	Morote furi oroshi	O soto gari ka o soto otoshi ka o soto guruma	_____
	Morote haishu uchi ka morote mawashi	Tai gatame ude kujiki ka yoko tekubi hishigi	_____
<b>Kubitsukamishime</b>			
	Katate	Soto seoi nage - hara gatame ude kujiki - kata tomoe nage - tai gatame ude kujiki - te gatame ude kujiki _____ (avg) _____	
	Morote	Tomoe nage - genseki otoshi - sukui nage - tsuri komi goshi - kata seoi nage _____ (avg) _____	

**TOTAL**

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

Pass/Regrade