



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

SANMON 3RD MON GREEN AND WHITE BELT

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

Breakfalls (Ukemi)

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

Body Movements (Taisabaki) - demonstrate with block

Flowing	_____
Entering	_____
Entering rotation - outside	_____
Entering rotation - inside	_____
Sliding	_____

Basic Blocks and Attacks (Uke waza and atemi)

Side Drive Kick	_____
Front snap kick	_____
Front roundhouse kick	_____
Punch - with step	_____

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

Unbalancing (Kuzushi)

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

Locking Techniques (Kansetsu waza) - demonstrate with two attackers, defender's choice of attack

Wrist twist	_____
Forearm twist	_____
Arm turning	_____
Body set arm breaking	_____

Basic Blocks and Attacks (Uke waza and atemi)

Front roundhouse kick	Double block - punch	_____
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Etiquette and Conduct

TOTAL

Examiners Name _____

Pass/Regrade