



# Hans de Jong Self Defence School

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

## YONKYU MIDORI OBI

### Tehodoki

Ryo tekubi dori ue  
Ryo tekubi dori shita

Te gatame ude kujiki  
Morote gari

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### Renkowaza

Mae ka yoko  
Mae ka yoko

Yubi hishigi  
Ude gatame ude kujiki

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### Kubitsukamishime

Mae  
Mae  
Antachi mae  
Antachi mae

Genseki otoshi  
Tomoe nage - ashi gatame ude kujiki  
Hachi mawashi - atemi  
Tai gatame ude kujiki

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### Kubishime

Ushiro  
Mae  
Mae  
Mae

Obi otoshi - atemi  
Kakato ate - yoko otoshi - ude garami  
Kakato ate - yoko otoshi - ude garami henka waza  
Kakato ate - yoko otoshi - ude gatame kata kujiki

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### Tsuki

Jodan mae  
Jodan mae ka yoko

Kakato gaeshi - ude gatame ashi kujiki ka atemi  
Kakato ate

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### Kidori

Eri  
Sode  
Sode

Uki goshi  
Ude garami henka waza  
Ude gatame ude kujiki

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### Antachiwaza

Kakato ate - ude gatame ashi kujiki  
Hiza basami - ura tekubi hishigi  
Hiza basami - dosoku ude garami  
Hiza basami - dosoku ude garami henka waza  
Hiza basami - jun ude garami henka waza  
Hiza basami - morote ude garami  
Hiza basami - hiza hishigi

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### Osaekomi

Mae  
Ushiro

Ude ate - kikan to nodobotoke  
Soto maki komi

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### Tantotori

Haishi  
Haishi

Hara gatame ude kujiki  
Ashi gatame ude kujiki

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### Tanbotori

Mawashi  
Ue ate

Ippon seoi-nage ka morote seoi-nage ka kata eri seoi-nage  
Kata guruma

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**TOTAL**

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

Pass/Regrade