



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

YONMON 4TH MON ORANGE AND WHITE BELT

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

PART 1 DEMONSTRATION

Breakfalls (Ukemi)

Sideways roll	_____
Backwards roll	_____
Forwards flat	_____
Sideways flat	_____
Backwards flat	_____
Forwards roll over an obstacle	_____

Body Movements (Taisabaki) - with an attacker and using any block

Flowing	_____
Entering	_____
Entering rotation	_____
Sliding	_____
Dodging	_____

Unbalancing (Kuzushi)

Normal single wrist grip	Normal	_____
Same side single wrist grip	Same side	_____
Reverse single wrist grip	Reverse	_____
Rear both wrists grip	Rear	_____

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

Arm turning	_____
Forearm twist	_____
Body set arm breaking	_____
Wrist crush	_____
Side wrist lock	_____

Basic Blocks and Attacks (Uke waza and atemi)

Grip on the lapel - roundhouse punch	Double block – elbow attack	_____
Backhand hit	Entering - double block	_____
Side drive kick	Flowing - attacking or brushing block - punch	_____

PART 2 REFLEX EXAMINATION

1. Normal single wrist grip	Wrist twist	_____
2. Same side single wrist grip	Body set arm breaking	_____
3. Reverse single wrist grip	Side wrist lock	_____
4. Front both wrist grip	Wrist crush	_____
5. Rear both wrists grip	Forearm twist	_____
6. Front roundhouse kick	Entering - double block - punch	_____
7. Front snap kick	Flowing - brushing block - punch	_____
8. Low punch	Wrist twist	_____

Etiquette and Conduct

TOTAL

Examiners Name _____

Pass/Regrade