



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

GOKKYU AOI OBI

Renkowaza

Mae

Ude garami henka waza

Kubitsukamishime

Mae

Sukui nage - ude gatame ashi kujiki

Mae

Kawashi waza - tegatana ate - ko soto gari - atemi

Mae

Hachi mawashi - ude garami ka ude gatame ude kujiki

Ka ude gatame ashi kujiki

Ushiro

Sashi waza hiji ate

Ushiro

Atemi - tekubi hineri - tekubi hishigi

Ushiro

Kami tori - tegatana ate

Ushiro

Hiji ate - kobushi ate

Yoko

Tekubi hineri - te gatame ude kujiki

Yoko

Kote hineri

Kakate kabe

Te gatame ude kujiki

Ryote kabe

Kakato gaeshi - atemi

Ryote kabe

Kakato ate

Ryote kabe

Yoko tomoe-nage

Ryote kabe

Hiza ate

Antachi mae

Hiza jime - koshi gatame ude kujiki

Kubishime

Tachi mae

O soto gari

Tsuki

Jodan

Nagashi uke ka irimi uke te gatame ude kujiki

Ushirotori

Takai

Seoi nage

Hikui

Kawashi waza - handaken - hiji ate

Maetori

Hikui

Hasami - yubi ate - jinchu

Kidori

Sode

Ude garami

Sukui

Tegatana ate - tomoe nage

Osaekomi

Mae

Yubi sake ate - ryo jikou kabotoke

Ushiro

Obi otoshi - kakato-ate

Tantotori

Tsukikomi

Tekubi hishigi - mae geri

Tsukikomi

Tekubi hineri - hiza gatame ude kujiki

Tanbotori

Ue ate

Ude garami

Ue ate

Ude gaeshi - tekubi hishigi

Yoko

O soto gari ka o soto otoshi ka o soto guruma

TOTAL

Examiners Name _____

Pass/Regrade