



Hans de Jong Self Defence School

Surname: _____ Given Name: _____

GOMON 5TH MON PURPLE AND WHITE BELT

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

PART 1 DEMONSTRATION

Breakfalls (Ukemi)

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

Body Movements (Taisabaki)

- Overhead hit _____
- High punch _____
- Backhand hit _____
- High punch _____
- High punch _____
- Entering - brushing block - punch _____
- Flowing - brushing block - punch _____
- Entering rotation - grabbing block _____
- Sliding - middle block - roundhouse kick _____
- Dodging - middle block - front snap kick _____

Unbalancing (Kuzushi) - wrist or clothes hold

- Normal _____
- Same side _____
- Reverse _____
- Rear _____
- Same side _____

Front both wrists grip

Unbalancing (Kuzushi) - Blocking (Uke)

- Low punch _____
- Low punch _____
- Low punch _____
- Downwards hit _____
- Pulling _____
- Pushing _____
- Grabbing _____
- Brushing _____

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

- Arm entanglement _____
- Variant arm entanglement _____
- Wrist hand throw _____

Basic Blocks and Attacks (Uke waza and atemi)

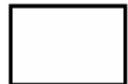
- High punch _____
- Low punch _____
- Entering - high block _____
- Entering - low block _____

PART 2 REFLEX EXAMINATION

1. Normal, reverse, or same side single wrist grip _____
2. Normal single sleeve or lapel grip _____
3. Strangling front - straight _____
4. High punch _____
5. Stick attack - overhead or backhand _____
6. Low punch _____
7. Low punch _____
8. Front snap kick _____
9. Rear bodyhold - high - arms enclosed _____
- Forearm twist _____
- Arm turning _____
- Kick - body set arm breaking _____
- Wrist hand throw _____
- Wrist twist _____
- Wrist twist _____
- Wrist crush _____
- Brushing block - punch _____
- Forearm twist _____

Etiquette and Conduct

TOTAL



Examiners Name _____

Pass/Regrade